





THE MASTER BOOK OF SOUPS

BY THE SAME AUTHOR

*The Master Book of Poultry and Game*

*The Master Book of Fish*



2  
THE MASTER BOOK OF  
SOUPS

featuring  
1001  
titles and recipes

1  
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DEDICATED TO ALL STUDENTS OF  
COOKERY IN EVERY LAND

Be not the first by whom a thing is tried  
Nor yet the last to lay the old aside.

*Shakespeare*

*Published by*

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## INTRODUCTION

ALTHOUGH commercially canned soups are excellent and convenient, there are still several good reasons for making soup in one's own kitchen.

In the first place, as many as 1,001 varieties are not obtainable in cans. Again, home-made soups are less expensive, particularly as left-overs are generally utilised in preparing them. Thirdly, the flavours of canned soups are necessarily bland, because they must please (or at least not offend) the taste of thousands, whereas home-made soups can be made to appeal to just oneself and one's guests.

Every country has at least one soup which attains perfection. Personal taste is the chief factor in appreciation, but every epicure admits that the following (and innumerable others) are each perfect of their kind:

Oxtail Soup	in England
Scotch Broth	in Scotland
Leek Broth	in Wales
Irish Kale	in Ireland
Shchi	in Russia
Borshch	in Ukraine
Czernina	in Poland
Cream of Tomato	in America
Birds' Nest Soup	in China
Mulligatawny	in India
Minestrone	in Italy
Erwtensoepp	in Holland
Puchero	in Spain
Kummel Suppe	in Austria
Pot-au-feu	} in France
Petite Marmite	
Bouillabaisse	

Soon after the discovery of fire, prehistoric man found that he could boil meat by heating stones and dropping them into a bag made from animal skin filled with water and meat. Later, the bones of animals or birds were split

or cracked and boiled with particles of meat still adhering to them. Thus began the art of making soup.

From the animal skin stage we come to the stone or metal stage, when kettles of various shapes and sizes were used, heated over fire. Thus, we get our *Pot-au-feu* (pot on the fire). We are reminded in the Bible (Genesis, chapter 25, verses 29 to 34), that Esau sold his birthright to Jacob for a "mess of pottage"—Red Lentil soup. Thus apparently lentil soup is the earliest soup known. (*See Potage Esau*).

Soup kitchens are said to have originated in the Middle Ages. Through the centuries, soup has been relied upon as a mainstay of the diet. In war, famine, plague or catastrophe, soup kitchens are the first things set up, being the easiest, cheapest and most practical way of feeding the masses.

It is quite certain the taste for sweetened potage appears to have lingered for many centuries, even after the custom of sweetening meat had been confined almost entirely to mince pies. Sugar is still taken with tomato soup, and a certain lady praised her guests as recently as the nineteenth century if they noticed at a glance that she liked sugar with her soup. The sweetened rice soup became thicker and thicker in England, until at last it developed into the rice pudding, that dish so well known to the nursery.

An Archbishop of the Middle Ages was accused, by fervent Puritans of his time, of indulging in the luxury of six sweet and coloured soups, all on the table at the same time. Each was rendered still more worthy of rebuke by its sprinkling of pomegranate seeds. Thus, it will be seen that the garnishing of soups is nothing new; and the custom of serving sweets at the beginning of a meal was of early origin.

The first French treatise on soups was written by Taillevent (Master Cook to Charles VII, of France), in 1456. The earliest English recipe for Cabbage Soup, as written down in 1390 by one of Richard II's chefs, reads thus:

### CABOCHES IN POTAGE

Take Caboches and quarter hem, and seeth hem in gode broth, with oynonns y mynced, and the whyte of lekes y flyt, and corve small, and do thereto safronn and salt and force it with powder douce.

Translated into modern English: Take cabbages and quarter them, and boil in good broth with minced onions, leeks slit and cut small, adding saffron, salt and allspice.

In Victorian kitchens, clear soups were invariably clarified with whites and shells of eggs. The result was strained through flannel bags until it was as clear as crystal—and as tasteless as a boiled shirt! We know now that careful skimming and watchful simmering are the only precautions necessary to attain a full-flavoured, perfect consommé. The aim of a clear soup is revitalization and refreshment.

The habit of storing broths and boiling them up daily to "make them



keep," destroys all their value as refreshers. As a symbol of thrifty cooking, grandmother's soup pot—simmering day after day, on the back of a stove, and turning out delicious stock from meat and vegetable trimmings—has often been held up to modern housewives. I take a different view of the old perpetually stewing pot. I see it as wasteful of fine fresh flavour and of nutritive value. Quicker, modern ways of making soup are actually more economical. Long cooking of any food drives off its volatile flavour. Therefore, soup that stews too long may have a stale or insipid taste.

Moreover, long simmering destroys some of the vitamin values of the vegetables. The bones used for stock should be cracked and simmered an hour or two in water, but the vegetables should be added later and cooked only briefly. There is no advantage in simmering food long hours. Worse still is simmering day after day. Once the stock is made, any not used at once should be cooled quickly and kept in the refrigerator. It should never be left standing on the stove.

Restaurants were originally places of refreshment where light broths and consommé were served. These were gradually developed into the catering establishments as we know them to-day. Quite twenty-four years before the taking of the Bastille, Boulanger had established the first restaurant in Paris. Such places were primarily founded to supply the necessities of invalids—where ladies could partake of choice restorative broths. The choicest of these restorative broths was the "restaurant divin."

The refreshments obtainable at these, the first restaurants, were strictly regulated by law. More substantial foods were gradually added until the increasing range caused the proprietors to become what we now call caterers.

The simplest soup will be, in truth, a "restaurant divin" if made fresh and eaten the same day.

Soups, being liquid food, easy to make and easy to digest, were originally divided into thin and thick: to-day we know them better under their initial letter of B - C - or P.

Under B we get Bisques, Borshch, Bouillon, Broths, Bouillabaisse.

Under C we get Chowders, Consommé (or Clear), Crème (or cream).

Under P we get Potage and Purées.

Ninety per cent. of all soups come under these headings. Thick soups, as they are called generally, come within the meaning of cream soups, potages and purées.

There are two types of clear soups, Bouillon and Consommé, bouillon being the base stock from which the aristocratic consommé is made, by reducing the stock and clarifying. The bouillons are not clarified. They include the broths and soups which contain all the original meats and vegetables which were cooked with the stock, but are not thickened with eggs, cream or roux. Consommé, being the more elegant, is usually cleared bouillon, boiled down to make it richer.

Beef makes the best meat broth—called Brown Stock. Veal and chicken

yield White Stock. Pork broth is used chiefly for pea and bean soups, while mutton is the meat usually forming the base for Scotch broths and soups. Court Bouillon (Fish Stock), is the proper base for all fish soups.

So to get the business of soups cleared up, here they are:

BISK OR BISQUES are usually made of shell fish. The original bisque was a form of pigeon soup, containing cream and milk, with shell fish added to give it a characteristic flavour. Later the pigeon was omitted, but the shell fish still survive. There is a Tomato Bisque.

BOUILLABAISSE is a fish stew.

BORSHCH were originally blood soups: now beetroot juice is used instead. In later years, America has introduced Cranberries into the range of these soups.

BOUILLONS are not clarified; they are the liquids in which any food has been boiled, even vegetables, but in soup-making they are specifically the broth of meats.

CONSOMMÉ is a clear soup which is named according to the garnish it contains, or which is known by the name of a place, famous character, or historical event.

CREAMS, PURÉES AND THICK SOUPS. The name merely denotes the predominating feature, such as: Cream of Chicken, Purée of Lentils, Thick Ox Tail, Potage aux Herbes. For example, thick tomato soup does not entitle it to be called Cream of Tomato Soup. Besides, the Americans would not like "any old" thick tomato soup to be looked upon as their national soup.

The most familiar tribute to soup appears in Alice in Wonderland:

*Beautiful Soup, so rich and green  
- Waiting in a hot tureen!  
Who for such dainties would not stoop?  
Soup of the evening, beautiful Soup!*

It is difficult to say if the green soup referred to was turtle, spinach or green pea, such are the endless varieties used to-day.

With (literally) one thousand and one soups, nobody should be at a loss for a new soup every day in the year, winter or summer, or in preparing the quick broth which, in itself, can often constitute the main dish for luncheon or supper.

I like game soups if made of hare, mushrooms and purée'd lentils; and of all soups I like my own favourite recipe, Potage Rob Roy, the very sight of which cheers me up.

Remember, nothing can be taken out of a pot which does not first go in. See to it that all your soups are true to name. Find out the reason for the names, and, in so doing, you will make history in catering, as well as learn the history of catering.



## THE SERVICE AND GARNISHING OF SOUPS

THE choice of soup to be featured depends on the occasion and its setting.

THE CONSOMMÉS, OR CLEAR SOUPS, usually precede a dinner of a large number of courses and their purpose is to clear the palate and create an appetite. There is no reason why they should be sipped.

DELICATE CREAM SOUPS generally precede a ladies' luncheon party.

BISQUES, FISH SOUPS AND HEARTY CREAM SOUPS, with plenty of vegetables, are for the family lunch.

HEAVY MEAT AND VEGETABLE PURÉES are for the dinner after exercise.

CHOWDERS, BOUILLABAISSÉ and the like are suitable for a main supper dish or light meal.

JELLIED OR FRUIT SOUPS are for the hot days.

Soup plates are far from being an ideal receptacle and are the cause of more bad language used in the kitchen than any other utensil. Nothing is so out of place as a delicate Consommé served in a wide shallow plate, with its surface exposed to the air. Surely there is no sight more depressing than an array of open plates of soup getting cold awaiting the guests, who probably sip it in a manner that would have been seen in any Victorian dining room. A two-handled consommé cup or soup bowl is perfect with its proper sized spoon. Even poor soup is passable if hot.

With flatlets and the smaller modern house, with its hatchway direct from kitchen to dining room, the pottery manufacturers no longer find it a paying proposition to make the soup tureen with its china ladle. Lucky is the housewife who has inherited grandmother's soup service, for soup served at the table will warm the conversation as well as the cockles of your heart.

Almost everything added to a soup during the few moments before serving may be called a garnish. These garnishings may vary from the idiotic gold leaf to such delicious morsels as the well-made quenelles of fish, game, poultry or meat. In many instances, the garnish is all that distinguishes a soup. This is very noticeable in consommés. On the other hand, it may be the garnish which will turn a thin liquid into a substantial meal.



Herbs added at the last moment can completely change the resultant flavour of a soup, especially if they are garden-fresh and added just before serving. Such herbs as bay leaf, marjoram and thyme are usually removed, in order to prevent them appearing as objectionable black specks or bits. Dried herbs should be avoided as much as possible for this very reason, apart from the lack of natural flavour. Exciting flavours can only be obtained from really fresh herbs added during the last ten minutes, if the herb is to be used as the garnish.

The bouquet of herbs used in most meat soups and many others during the cooking process, usually consists of the three herbs, bay leaf, marjoram and thyme. Almost all other herbs are used during the last ten minutes of preparation, as a garnish. Parsley is the most popular, but for cream soups I have always found chervil is better. Chives will add a delicate onion flavour where required.

Basil is used by the Italians in most soups which contain tomato. For fish soups dill and fennel add fragrance. Tarragon, proclaimed the prince of herbs, will improve your chicken soup. Rosemary is usually reserved for the glory of aldermen, in Turtle Soup. Spearmint will automatically find its way into pea soup, be it split pea or fresh, and will aid the digestion in lamb or mutton soup.

Sorrel is no longer used in much quantity, but can be used in all clear soups garnished with root vegetables, including the ever popular Julienne. Julienne at one time was chiefly garnished with wood sorrel, but with modern trends one usually finds this soup garnished with a mixture of any finely cut vegetables. Julienne should not be confused with other soups garnished with vegetables, such as Paysanne (country style), Chiffonade (literally, vegetables in rags).

I deplore the suggestion, "almost anything will make a soup; don't bother about its name, give it a name to suit yourself." Would the author of this suggestion care to be called any name, just because it was too much bother for his acquaintances to find out his true name? If you taste a soup for the first time, and like it, you will want to know its true name. If you do not like your acquaintance, don't bother about his name. Likewise, the soups you dislike are not worth remembering.

Almost every food is used as a garnish for soup at one time or another, and to try and give a complete survey of all these would require many volumes. Here are the favourites constantly used over the years. (Stunts such as gold leaf are not included):

### CHEESE BALLS

Combine 2 ozs. grated cheese with 2 ozs. breadcrumbs, bind together with egg. Make into balls the size of a marrowfat pea and fry.

*Sufficient for 8 portions of soup.*

## CHEESE AND EGG BALLS

Press 1 hard-boiled egg through a sieve, blend with 2 ozs. grated cheese, moisten with cream to form a paste, roll into small balls, egg, crumb and fry.

*Sufficient for 8 portions of soup.*

## CREAM CHEESE

Cream cheese should be mashed smooth with a little fresh cream and stirred into the soup, away from direct heat. Never tried it? Then you have a treat in store.

*2 ozs. cream cheese sufficient for 2 pints soup.*

## CHEESE, PARMESAN

Grated parmesan cheese should be passed round at the table, to enable each guest to use an amount to his own liking. Used for most bland soups, including potato, and most starchy soups, not forgetting all soups containing Italian pasta, macaroni, etc.

## CHOUX PASTE (Profiteroles)

Whether it be puffs or profiteroles, they are made from the same easy-to-make-paste. A lot of fuss, and sometimes confusion, is experienced in many a kitchen when the simple operation of making these tiny morsels is about to begin. They are filled with cream of fish, meat, fowl or game. Here is a simple recipe:

$\frac{1}{2}$ pint water	4 ozs. flour
4 ozs. butter	4 eggs
	pinch of salt

Boil water, butter and salt together, add flour, stir very quickly and cook 5 minutes. Remove from heat, beat in eggs one at a time, till a smooth creamy paste. With a forcing bag and a  $\frac{1}{4}$ " tube, pipe small balls or eclairs. Bake in a sharp oven, cool, and fill with desired cream.

## CROÛTONS

Croûtons may go into any soup, but they are best in cream soups, where they do not become soggy so quickly as in thin soups.

Croûtons should not be looked upon as merely fried cubes of bread. They can be made most inviting, to fit in with any soup, if prepared in the right manner. Made from white, brown, rye or caraway bread, and spread with anchovy paste, peanut butter, dipped in grated cheese, cut square, oblong, round, or in fancy shapes, the croûton can actually make the soup. Coloured breads, pink, green, yellow, etc., have been used as stunts, but do not add to flavour, which is the primary duty of every garnish.

Cut the bread into  $\frac{3}{8}$ " slices, spread with desired addition, cut into fancy shapes and fry in hot fat, or they may be oven baked for a pale golden finish.

### EGG BALLS

Press 2 hard-boiled eggs through a fine sieve, add salt and pepper, bind with 1 large raw egg yolk, roll into balls the size of small olives, roll in flour and fry, preferably in butter.

### EGG SHOT

Beat 1 whole egg with 1 egg yolk lightly, add 1 oz. flour and beat smooth, adding salt during the beating process. Add 2 ozs. milk and beat smooth again. Pour the mixture slowly through a colander held high up over the simmering soup. Cook 5 minutes and serve at once.

### FISH BALLS (Quenelles)

These are used in fish broths and fish cream soups, the appropriate fish being used, such as salmon for Cream of Salmon, etc.

2 ozs. minced fish	Little chopped parsley
1 oz. breadcrumbs	Salt
$\frac{1}{2}$ oz. melted butter	1 large egg yolk

Mix all ingredients together. Shape into small balls and cook 10 minutes in fish broth or cream soup, before the liaison is added.

*Sufficient for 8 portions of soup.*

### LIAISON (Yolk of Egg Binding)

In days of plentiful cream and eggs this binding was used in almost every cream soup worthy of its name, and was in common use in every large kitchen. To-day, economy has taught us that good evaporated milk and whole eggs (if strained) will give the desired binding, with the resultant creamy effect. The effect of adding this liaison is to improve the soup in smoothness and flavour. It should always be added away from direct heat, and on no account should the soup be allowed to boil once the liaison is added, else it will curdle, unless the soup contains wheat or barley flour, when it may be boiled.

2 yolks of egg combined with 4 ozs. cream will be sufficient for each 1 pint of soup, or alternatively 1 whole egg combined with 4 ozs. evaporated milk will do just as well. The eggs must be well beaten, combined with the cream, strained, and added to the soup away from direct heat, stirring constantly and briskly.



## PULLED BREAD

Pull irregular chunks from the inside of a new loaf of bread, about 2" thick. Crisp them in a slow oven to a creamy yellow. Usually served with lentil, pea or bean soup.

## QUENELLES (*see also Fish Balls*)

Of all the garnishings used in good soups, quenelles are the favourite. They are made from any flesh food, fish, meats, game, rabbits, *pâté de foie gras*, oysters, and anything fine goes into their making. Often puffs or profiteroles are stuffed with a paste left over from the making of quenelles.

They are all made by the same method. The fish or meat is ground in a mortar or passed through the mincer (fine plate), several times, blended with a rich thick sauce or paste, moulded into olive shapes, and fried. The following recipe is a guide as a foundation for other varieties:

4 ozs. veal, chicken or game (raw)  
1 oz. very thick cream sauce

Grind meat to a paste, add to thick sauce, season to taste. Work in 1 yolk of egg. Form into olive shapes and fry in butter.

*Sufficient to garnish soup for 8 persons.*

## ROYALE (White, Yellow, Red or Green)

This over-rated garnish is merely a custard made with *consommé* and eggs or milk and eggs, with vegetable purée added to give it flavour and colour. Royale should not eat like rubber (often caused by using too much egg). For an ordinary all-purpose royale, beat 4 eggs well, add 1 pint good *consommé*, strain, season to taste. Pour mixture into a buttered mould and cook till set, in a steamer. When cold, cut into desired shapes.

WHITE ROYALE. 1 pint milk. 8 whites of egg. Seasoning to taste.

YELLOW ROYALE. 1 pint milk. 2 eggs. 6 yolks. Seasoning to taste.

GREEN ROYALE. Base as White Royale. Add 4 ozs. concentrated spinach purée; additional colour may be added.

RED ROYALE. Base as White Royale. Add 4 ozs. concentrated tomato paste; additional colour may be added.

Royale may also be made by adding chopped truffle to either the plain, white or yellow base mixtures.

As for other garnishings, just use common sense.

Fresh peas may be added to Cream of Peas.

Small pieces of cauliflower may be added to Cream of Cauliflower.

Pieces of cooked oxtail may be added to Thick Ox Tail.

Sliced mushrooms may be added to Cream of Mushrooms.

Add common sense to clear thinking and your garnishing will be right, provided you are sure you are not giving a fancy name to some already well-known soup which includes the garnish you intend to use. This book of 1,001 SOUPS was compiled to help you in this direction.



## STOCKS

### BONE STOCK

Almost any kind of bones, cooked or uncooked, may be used to make stock. Bones from roast meats are usually reserved for brown stock, and the uncooked bones and those from boiled joints are kept for white stock. Beef, mutton, pork, veal, lamb and poultry bones, can all be thrown into the same stock pot, but not those from hams, game birds or venison.

Crack 3 lbs. of bones, cover with water, add a sliced onion, 1 sliced carrot, 2 stalks of celery and a bay leaf. Bring all to the boil, remove scum as it forms, and simmer for 3 hours. Strain and cool.

This stock can be used as a base for most soups, where colour is not a deciding factor.

### BROWN STOCK (Bouillon)—(*See also Bouillons*)

4 lbs. shin of beef	2 whole cloves
1 shin bone	$\frac{1}{2}$ teaspoon peppercorns
4 quarts of cold water	1 bay leaf
1 large diced carrot	2 sprigs of thyme
2 ozs. diced celery	1 sprig of marjoram
1 large diced onion	2 sprigs of parsley
1 diced turnip	2 teaspoons salt

Cut shin beef in small cubes and crack marrowbone. Brown about half of meat in marrow from bone, or in 2 tablespoons fat; add with remaining meat and bone to cold water, heat slowly to boiling point and boil 10 minutes. Skim thoroughly, cover and simmer 3 hours, removing scum as formed; add vegetables and seasonings and cook 1 hour longer. Strain stock through fine sieve or several thicknesses of cheesecloth, and cool quickly; when cold, remove fat, heat and clear, if necessary. Brown soup stock served as clear soup is usually called bouillon. Use less seasonings for a more delicate stock, or vary seasonings and vegetables as desired.

*Yield: 2 quarts stock.*



### FISH STOCK (Court Bouillon)

4 lbs. white fish (bones, heads, or trimmings)	1 stalk celery, chopped
1 grated carrot	6 peppercorns
1 grated onion	1 bay leaf
	2 large sprigs parsley
	salt to taste

Place all ingredients in a pan and cover well with cold water.

Bring to the boil and simmer 45 minutes. Strain through a fine sieve and use as required. White wine may be added.

### GRAVY STOCK (Beef Tea)

Mince 2 lbs. neck of beef and cook for 2 hours in 2 pints of water. Use cold water and cook slowly. Fresh lean meat will make good beef tea. Strain, add a little salt, and it is ready for use.

### LAMB AND MUTTON STOCK

5 lbs. uncooked lamb and mutton bones	2 large stalks celery
2 sliced onions	8 pints cold water
2 sliced carrots	2 sprigs of parsley
	salt and pepper

Crack the bones and place all the ingredients in a pan, bring slowly to the boil and simmer for 3 hours, removing the scum and fat as it rises. Strain and cool, using where white stock is called for.

### STOCK TO CLARIFY, FOR CLEAR SOUP

*See Brown Stock (Bouillon).* Take the 2 quarts of cold brown stock and mix with 2 lbs. minced neck of beef, place in a pan and bring very slowly to the boil. Simmer slowly till stock clears, which will be noticeable by the meat gradually sinking to the bottom of the pan, leaving a bright clear liquid. Strain very gently through cheesecloth. Should you allow the soup to boil rapidly, the whole process will be spoilt—but *see below*.

(N.B.—*Cleared Stock for a clear soup does not entitle it to be called a consommé*).

### TO CLEAR SOUP STOCK (*Alternative*)

To each 1 quart of cloudy stock add 1 well whisked white of egg and 1 crushed egg shell. Mix well and bring slowly to the boil. Simmer a few minutes and clarification will be noticed. Strain gently through cheesecloth. This is a poor substitute for the method of clarification by raw meat.

## VEGETABLE STOCK

4 pints water	1 teaspoon salt
2 large carrots, sliced	2 sprigs parsley
2 large onions, sliced	2 sprigs thyme
1 large turnip, sliced	1 bay leaf
1 leek, sliced	1 blade of mace
2 stalks celery, sliced	1 clove
6 peppercorns	

If white vegetable stock is required, place all ingredients in a pan and boil for 45 minutes. Strain, and use as required. Longer cooking will only give a stewed flavour to the stock.

If brown vegetable stock is required, heat 3 ozs. butter in a pan, add vegetables and toss well till all are well browned. Strain off fat, add vegetables to water and cook as above.

## VEAL STOCK (WHITE).

Proceed as for lamb and mutton stock, using veal bones, and adding one sprig of thyme and one bay leaf.



## BOUILLONS

The bouillons are not clarified. They include the Scotch broths and mutton broth, petite marmite, which is not eaten out of its little pot, and bouillon en tasse which is. Also, potage bonne femme and pot-au-feu.

To clear up the confusion that has arisen in the use of these terms, it is only necessary to know the French derivation. Bouillon, from *bouillir*, "to boil," is the liquid in which any food has been boiled, even vegetables, but in soup-making it is specifically the broth of meats.

### BEEF BOUILLON, TO MAKE

The general rule is 3 pints water to each 2 lbs. of meat for a strong bouillon, using less meat for a weaker one.

3 pints water (cold)	1 medium sized carrot
2 lbs. lean neck of beef	1 clove
3 large tomatoes	1 sprig thyme
2 stalks celery	1 bay leaf
1 medium sized onion	1 sprig parsley

salt and pepper

Dice meat, put in cold water, heat very slowly and remove scum as it rises. When no more scum rises, add tomatoes and herbs. Simmer gently for 2 hours then add diced vegetables and simmer another 1½ hours. Skim off fat and strain.

(Will make 1 quart of bouillon).

### BEEF CLARET BOUILLON

Heat 2½ pints beef bouillon to boiling point. Remove from heat and add ¼ cup claret wine. Serve in bouillon cups and garnish with chopped parsley.

(Yield: 8 portions).

### BOUILLON FROM MEAT EXTRACT

Use 2 pints hot water and 1 tablespoon of beef extract. Bring to the boil and then add vegetables and herbs as given for Beef Bouillon, and proceed from the stage where the vegetables are added.

(Yield: 5 portions).



## CHICKEN BOUILLON

- |  |                      |
|--|----------------------|
| 1 large stewing chicken                  | 2 stalks celery      |
| 2 qts. water                             | 1 large sliced onion |
| salt, pepper, and a little grated nutmeg |                      |

Cut chicken into small pieces and place in a pan together with the scalded feet of the chicken. Cover with the boiling water, add vegetables, and simmer until chicken is tender (about 3 hours). Strain bouillon and season to taste. *(Sufficient for 8 persons).*

N.B.—The chicken meat may be creamed, used for croquettes or used in a casserole dish.

## CHICKEN TOMATO BOUILLON

- |                        |   |
|------------------------|---|
| 1 pt. chicken bouillon | 2 tablespoons beetroot juice                |
| 1 pt. tomato juice     | 1 tablespoon lemon juice                    |
| 2 ozs. diced celery    | 1 teaspoon sugar                            |
| 1 oz. minced onion     | $\frac{1}{2}$ teas'p'n Worcestershire Sauce |
| 1 oz. chopped chives   | 2 cloves                                    |
| seasoning to taste     | $\frac{1}{2}$ clove of garlic               |

Place all ingredients on the stove to boil, except beetroot and lemon juice. Simmer for  $\frac{1}{2}$  hour, then add beetroot and lemon juice. Stir well and strain. *(Yield: 6 portions).*

## FRUIT BOUILLON

- 1 lb. cherries
- 1 lb. raspberries
- $\frac{1}{2}$  lb. blackcurrants.

Boil the above in 3 pints water till tender, strain, re-heat and sweeten to taste. Now thicken slightly with a little cornflour. Serve iced or hot.

A combination of canned fruit juices may be utilised if desired, and some good effects are obtained with canned fruit juices boiled with soft fruits. *(Yield: 8 portions).*

## JELLIED BOUILLON

To each 1 quart prepared bouillon soften 1 oz. of powdered gelatine, bring to boiling point, skim, and pour into bouillon cups, and chill to set. Sprinkle chopped chives over jellied bouillon, just before serving. *(Yield: 6 cups).*

## JELLIED CHICKEN BOUILLON

Proceed as for Jellied Bouillon, using Chicken Bouillon (*which see*). When bouillon boils, add a little chopped parsley. Pour into bouillon cups and chill to set. Serve with lemon wedges. *(Yield: 6 cups).*

## JELLIED TOMATO BOUILLON

Make up your tomato bouillon (as for Chicken Tomato Bouillon) in the ordinary way, adding 1 oz. first quality gelatine for each 3 pints of bouillon. When ready, pour into cups to cool and set. To prevent the tomatoes and vegetables all sinking to the bottom, fill the cups only one-third full, allow this to set, then fill up to two-thirds and leave to set, and then finally fill the cups. By this method the vegetables are evenly distributed from top to bottom, but of course it takes longer to prepare. *(Yield: 8 portions).*

## VEGETABLE BOUILLON

Cook a variety of vegetables in prepared bouillon till done but not mushy and strong. Serve very hot.

## WATERCRESS - CHICKEN BOUILLON

- 1 bunch watercress
- 1 qt. well seasoned chicken bouillon
- 1 tablespoon flour
- 1 tablespoon butter or chicken fat

Chop watercress very finely. Heat broth. Add watercress. Thicken with flour and butter that have been creamed together. Strain and re-heat. Serve immediately. *(Yield: 6 portions).*

## YEAST BOUILLON

There are on the market several products which use autolyzed yeast as a base for soups. These may be secured in paste, flake or cube form.

Pour boiling vegetable bouillon or tomato juice over the paste, flakes or cubes, according to directions, and the result is a soup with a strong meat flavour, but which has the advantage of being a pure vegetable product. It has a particular value in that it is rich in vitamins B and G.

## CONSOMMÉS

### CONSOMMÉ (To Make)

THE home stockpot went out with the coal range, and now we must make our clear soups from scratch, with any time-saving tricks that have been devised. The general rule is 2 pints stock to each 1 lb. of neck or shin of beef; more stock for a weak soup and less for a strong soup.

If a jellied consommé is required, use 1 pint stock to each 1 lb. of meat, or, alternatively, ordinary consommé can be jellied with the addition of a small amount of gelatine. Fresh beef makes the best consommé, but there are certain variations which will be dealt with later.

The first step in making good rich consommé is its foundation, *bouillon*. This word is from the French—*bouillir*, to boil (meat stewed with vegetables, boiled or stewed meat of any kind). In England we call it stock. Stock is the broth of beef, chicken, lamb, veal, fish, etc.—(Pork or ham stock is used principally for pea or bean soups)—“kept in stock,” for quick use in soups and sauces.

A consommé may be made from any one of these foundation stocks. For a dark coloured consommé, brown both meat and vegetables, and for a really rich soup, add a good beef marrow bone and a split knuckle of veal. For chicken consommé, the trimmings and skinned feet will add flavour.

The golden rule for all meat soups is: “never to add water once the soup has started to boil; never allow it to cease simmering; and NEVER allow it to boil rapidly.”

The bones and scraps left over from any joints or chickens may be cracked and thrown into the stockpot (beef, veal, mutton and chicken). The bones are covered with cold water which is brought to the boil and simmered for 5 or 6 hours. The vegetables are added the last hour, to avoid a stewed flavour. This would be a general purpose stockpot. For special soups calling for beef, mutton or chicken stock, the bones must be kept to their own particular pot.

Generally speaking, to-day, unless it is a very large, elaborate kitchen, the dark bones from roast meats are kept in one pot, for brown stock, and the



white bones from veal or chickens, are kept in another pot for white stock (used principally for cream soups).

Fish stocks (Court Bouillon) are always made as and when required, and never long in advance.

Pork or Ham stock is generally utilised as and when it becomes available, for pea or bean soups.

Now, having a stockpot freshly simmering daily, it is a simple matter to prepare our aristocratic consommé. Once the consommé is made, be it beef, chicken, game or veal, or for that matter, fish or vegetable, it only needs its variations in herbs, garnishings or wine, to suit it to its name, whether that name be of a celebrity, city, or historic occasion, or whether it be the humble Consommé au Vermicelli, or the ever-popular Consommé Royale, which derives its name from the simple garnish to the consommé. I have included all the well-known varieties in the following pages.

"Now, for myself, I know full well and confess freely, that many things may be added."—(*Pliny*). These words express the feelings with which I present the following list of titles of consommés:

## BEEF CONSOMMÉ

4 lbs. shin of beef	pinch of crushed marjoram
1 shin bone	pinch of crushed thyme
8 pints good stock	$\frac{1}{2}$ oz. salt
4 ozs. sliced onion	1 bay leaf
2 ozs. sliced carrot	2 cloves
4 ozs. diced celery	pepper to taste
	2 sprigs of parsley

Use marrow from cracked shin bone and place in pan to melt. Add one-third of shin meat cut into cubes and brown rapidly, turning so that the meat browns on all sides. Add stock, bones and rest of cubed shin meat and bring slowly to the boil. Remove scum and grease as it rises. (The scum is merely coagulated meat protein and is quite harmless).

Add remaining ingredients and simmer for 2 to 3 hours. On no account must the soup boil rapidly, or it will cloud and will not be crystal clear. During the simmering process the soup should be reduced to no more than 6 pints.

Line a large conical strainer with a double thickness of cheesecloth and strain soup very gently through it.

If you require the soup to be darker in colour, add a little browning at the simmering stage.

Taste for seasoning, and it is then ready for the multitude of garnishings set out in the following pages.

## CHICKEN CONSOMMÉ

Using Chicken Stock, proceed as for Beef Consommé, substituting cubed veal for beef to clarify the soup.

Do not brown any of the meat, and omit the bay leaf and cloves.

## GAME CONSOMMÉ

Using Game Stock, proceed step by step exactly as for Beef Consommé, to clarify the soup.

## VEAL CONSOMMÉ

Using Veal Stock, proceed as for Beef Consommé, using shin of veal instead of beef. Do not brown any of the meat and omit bay leaf and cloves.

### GENERAL HINTS

If a strong consommé is required, good brown stock must be used for the beef or game consommé.

For Chicken consommé, use stock in which chickens have been boiled, for the base of the soup.

For Veal consommé, use any good white stock as a base.

For hints regarding the making of stock (so essential as the foundation of every good consommé), see special paragraph dealing with Stocks.

If your consommé fails to clear bright and sparkling, it will be because: (1) you did not cube the meat fine enough, or (2) you allowed the soup to boil too fast, instead of gently simmering.

To clear cloudy consommé, dissolve 1 oz. finely powdered albumen in  $\frac{1}{2}$  pint cold water, allow to stand  $\frac{1}{2}$  hour, whisk well, and add to each gallon of consommé while simmering gently. Stir well. Hold at simmering point for 30 minutes, and then strain soup very gently through cheesecloth.

If egg whites are available, whisk 3 egg whites to foam and add to each 1 gallon of consommé in the same manner as for using albumen.

In all cases where the exact amount of consommé is not stated, the garnishings are for 3 pints of consommé, sufficient for 8 persons.

## CONSOMMÉ AB-DEL-CADER

Cut some carrots and turnips in half-moon shape, with small cutters, and boil in salted water. Cut some royale in the same shape. Also add some profiteroles. Put equal quantities of each in hot consommé, and also one poached yolk of an egg for each person. Have the consommé well seasoned.

## CONSOMMÉ AILERONS

Three pints chicken consommé, garnished with chicken cut in short julienne strips and 2 ozs. well washed boiled rice. (Yield: 8 portions).

### CONSOMMÉ ALBION

Three pints chicken consommé garnished with young asparagus tips, cocks' combs and a large truffle cut julienne style. (Yield: 8 portions).

### CONSOMMÉ ALEXANDRIA

Add 1 cupful of boiled white meat of chicken, cut in small dices, to 3 pints of Consommé Brunoise, for which *see recipe*. (Yield: 8 portions).

### CONSOMMÉ ALLEMAND

Mix in a bowl  $\frac{1}{4}$  of a cupful of sifted flour,  $\frac{1}{4}$  of a cupful of milk, 2 whole eggs, and a little salt. Let it run through a colander into 3 pints of boiling consommé, and boil for 5 minutes. (Yield: 8 portions).

### CONSOMMÉ ALSACIEN

Chicken consommé garnished with tiny profiteroles stuffed with purée of foie gras.

### CONSOMMÉ AMBASSADEURS

Chicken consommé with a mixed garnish of diced chicken, mushrooms, truffles and plain royale.

### CONSOMMÉ AMBASSADRICE

Chicken consommé with a garnish of coloured royale cut in dice, spinach (green), tomato (red), truffle (black), also a few diced mushrooms.

### CONSOMMÉ ANDALOUSE

To each quart of consommé vermicelli, add just before serving, 1 peeled raw tomato cut in very small squares. (*See Consommé au Vermicelli*). (Yield: 5 portions).

### CONSOMMÉ ANGLAIS

Chicken consommé garnished with equal amounts of diced chicken and fresh green peas.

### CONSOMMÉ ARENBURG

Chicken consommé garnished with small balls of turnips and carrots, peas and asparagus tips.



### CONSOMMÉ AU MACARONI

Beef consommé garnished with well washed cooked macaroni cut into  $\frac{1}{2}$ " pieces.

### CONSOMMÉ AURORE

3 pints veal consommé, 1 cup tomato purée, 1 oz. cooked tapioca, all brought to the boil and garnished with diced chicken. (Yield: 8 portions).

### CONSOMMÉ AU VERMICELLI

To 3 pints boiling beef consommé add 1 handful of crushed vermicelli. Cook for 5 minutes and serve. (Yield: 8 portions).

### CONSOMMÉ AUX ÉCLAIRS

Make some small éclairs about 1 inch long. Chop a little white meat of chicken very fine, add some salt and a little whipped cream, and mix well. Split the éclairs and fill with the prepared chicken meat. Serve on a napkin. Have the consommé very hot, with a little cayenne pepper in it.

### CONSOMMÉ AUX PLUCHES

Slice a head of lettuce and 2 leaves of tarragon very fine. Boil in 2 quarts of consommé for 30 minutes. Add some chervil before serving.

### CONSOMMÉ AUX QUENELLES

Make small chicken dumplings from chicken forcemeat, boil them in, and serve with, consommé. These small dumplings are called in French, *quenelles*.

### CONSOMMÉ, QUENELLES DORIA

Make a cream puff paste. When cold, form into small balls the size of a pea, and fry in swimming lard. Serve on a napkin with hot consommé.

### CONSOMMÉ À LA BALZAC

To 3 pints veal consommé add 2 ozs. sliced shrimps, 2 ozs. cooked green peas, 2 ozs. diced cooked turnip. (Yield: 8 portions).

### CONSOMMÉ BARAQUIN

Veal consommé garnished with equal quantities of truffles and chicken, cut julienne style, and cooked tapioca.

## CONSOMMÉ À LA BARIGOULE

Game consommé garnished with diced game birds (pheasant, partridge, etc.), sliced fresh mushrooms and stuffed olives. Add just a dash of sherry before serving.

## CONSOMMÉ BAVIÈRE

Veal consommé with a garnish of quenelles made of semolina. Add a dash of marsala wine just before serving.

## CONSOMMÉ BÉARNAIS

Beef consommé garnished with assorted quenelles of meats and chicken.

## CONSOMMÉ BELLEVUE

Half chicken broth and half clam broth mixed. Serve in cups with whipped cream on top.

## CONSOMMÉ BERCHOUX

Game consommé garnished with chopped cooked chestnuts, diced truffles and mushrooms.

## CONSOMMÉ BERLIN

Beef consommé with a garnish of cooked shredded leeks, diced plain royale and cooked sago.

## CONSOMMÉ BERNY

Veal consommé thickened with fine tapioca, and garnished with chopped almonds, chervil and Olivette potatoes.

## CONSOMMÉ BOHÉMIEN

Make 3 thin pancakes, and when cold cut in julienne shape. Cut the breast of a boiled fowl also in julienne shape. Chop a raw peeled tomato; and add all the above with a cup of fresh peas, to 3 pints of boiling consommé, and serve.  
(Yield: 8 portions).

## CONSOMMÉ BOUCHÈRE

Veal consommé very liberally garnished with sliced spring vegetables, with small squares of blanched spring cabbage.

## CONSOMMÉ BOUILLON

Broth from boiled beef, strained. (In plain English, Beef Tea).

## CONSOMMÉ BOURBON

Chicken consommé thickened with tapioca and garnished with truffle cut into fancy shapes (hearts, diamonds, crescents, etc.), and finely chopped chervil.

## CONSOMMÉ BRABANÇON

Cleared fish stock (see fish soups), garnished with chopped mussels and sliced prawns, served with a glass of vin blanc.

## CONSOMMÉ BRETON

Make a julienne of equal parts of celery, onions and leeks, and serve in consommé.

## CONSOMMÉ BRIEUX

Beef consommé, thickened with tapioca and garnished with blanched pistachio nuts, diced truffle and small sago.

## CONSOMMÉ BRUNOIS

Prepare as for Consommé Julienne, but cut the vegetables (carrots, turnips, leeks and French beans) into small dice, and fry them in a pan to a light brown colour in a little butter. Throw into the consommé and boil until the vegetables are done.

Be sure to skim off all butter from consommé before serving.

## CONSOMMÉ BRUNOIS WITH VERMICELLI

One quart of Consommé Brunoise mixed with 1 pint of consommé vermicelli. Serve grated cheese separately. (Yield: 8 portions).

## CONSOMMÉ CAMERONI

Add to a quart of consommé brunoise  $\frac{1}{4}$  pound of boiled spaghetti cut in pieces  $\frac{1}{4}$  inch long. Serve grated cheese separately. (Yield: 6 portions).

## CONSOMMÉ CAMINO

Boil  $\frac{1}{4}$  pound of macaroni in salt water; when soft, drain, and cool in cold water. Then cut in small pieces about  $\frac{1}{2}$  inch in length, and serve in a quart of consommé. Serve grated cheese separately.



### CONSOMMÉ CANCALAIS

Cleared fish stock (see fish soups), thickened with fine tapioca, garnished with 2 small oysters to each person and some fillet of sole cut julienne style.

### CONSOMMÉ CAPRICIEUX

To 3 pints of beef consommé add 2 ozs. preserved cherries and 2 ozs. button mushrooms. Add a dash of sherry before serving.

### CONSOMMÉ CARÊME

To 3 pints veal consommé add  $\frac{1}{4}$  cup finely shredded lettuce, and the same amount each of diced carrots, turnips and asparagus tips. (*Yield: 8 portions*).

### CONSOMMÉ CARMÉLITE

Three pints of rich fish stock, thickened with 1 oz. of arrowroot and garnished with 2 ozs. of well washed boiled rice. (*Yield: 8 portions*).

### CONSOMMÉ CAROLINE

Make a royale with 8 eggs to a quart of milk, or 4 eggs to a pint; add a little salt, pepper, and some grated nutmeg. Strain into a buttered mould, set in a bain-marie and boil. When set, and cold, remove from the mould and cut in small squares. Serve in very hot consommé with 1 spoonful of boiled rice to each person.

### CONSOMMÉ CASTELLANE

Game consommé made from woodcock carcasses, garnished with diced woodcock fillets. Add a glass of port at the moment of serving.

### CONSOMMÉ WITH CELERY AND RICE

Cut a stalk of celery in small squares, wash well, and boil in salted water until soft. Boil about  $\frac{1}{4}$  of a pound of rice in salted water until soft. Serve both in 3 pints of hot well-seasoned consommé. (*Yield: 8 portions*).

### CONSOMMÉ CÉLESTIN

Make some thin pancakes, cut in strips like matches, and serve in good consommé.

## CONSOMMÉ CHARLES QUINT

Serve in hot consommé equal parts of chicken dumplings and asparagus tips. Add some picked chervil leaves.

## CONSOMMÉ CHAROLAIS

Beef consommé garnished with carrot balls, button onions and small rounds of blanched cabbage.

## CONSOMMÉ CHARTREUSE

Boil 1 cup of chestnuts in salted water until tender. Then drain off the water, and pass the chestnuts through a fine sieve. When the chestnuts are cold, put in a bowl, add 4 whole eggs and 1 pint of lukewarm consommé; season with salt and pepper; mix well; put in buttered timbale moulds, set them in a bain-marie, and boil for 20 minutes, when they will set like custard when cold. Turn out of moulds, and cut in slices  $\frac{1}{8}$  inch thick. Serve in hot consommé.

## CONSOMMÉ CHASSEUR

A mixed game consommé garnished with dice of game. Add a small glass of port before serving.

## CONSOMMÉ CHÂTELAIN

Equal parts of small chicken dumplings, boiled rice and new peas, served in hot consommé.

## CONSOMMÉ CHEVALIER

Serve in hot well-seasoned consommé equal parts of small chicken dumplings, and chicken breast and smoked beef tongue cut julienne style.

## CONSOMMÉ CHEVREUSE

Chicken consommé garnished with equal proportions of truffles cut julienne style, asparagus tips and quenelles of chicken.

## CONSOMMÉ CHIFFONNADE

Cut equal parts of lettuce and sorrel in julienne style, put in a pan, cover with water, bring to a boil, then drain off water and allow to become cool. Then put back in pan, add 2 quarts of consommé, and boil very slowly for about 30 minutes. Before serving add a little chopped parsley and chervil.

## CONSOMMÉ CHRISTINA

To each 3 pints veal consommé add 2 ozs. sliced preserved cherries and 2 ozs. roasted chopped chestnuts. *(Yield: 8 portions).*

## CONSOMMÉ CIALDINI

Cut some carrots, turnips and potatoes with a fancy cutting spoon, to the size of a large pea. Cook each separately in salt water. When done, put in consommé and add some boiled white meat of chicken cut in small squares, a few boiled or canned peas, and some chervil. Serve separately some very thin slices of French bread or rolls.

## CONSOMMÉ CLERMONT

Beef consommé garnished with fried onion rings.

## CONSOMMÉ COLBERT

Equal parts of carrots, turnips, peas, string beans, cauliflower and flageolet beans. Cut the carrots and turnips in small squares. Boil the cauliflower and cut off the small flowers. Then put all in hot consommé, with one poached egg to each person. Add a little chopped chervil before serving.

## CONSOMMÉ COLOMBINE

Chicken consommé garnished with poached pigeon eggs (one to a person), julienne of vegetables, and fillets of pigeons.

## CONSOMMÉ COMTESSE

Thicken 3 pints chicken consommé with 2 ozs. fine tapioca. Garnish the consommé with diamond shapes of plain and green (asparagus) royale and very small rounds of lettuce leaves and truffles.

## CONSOMMÉ CONDORCET

Rich game consommé, garnished with equal proportions of game meat and foie gras cut in dice, and asparagus tips.

## CONSOMMÉ CRÉCY

*(See Crécy Soup and full explanation on page 170).*



## CONSOMMÉ CRÈME DE VOLAILLE

Put some very light chicken forcemeat (quenelle) in small, round, buttered timbale moulds, and cook in bain-marie (double-boiler). When done, slice thin and serve in hot consommé. (*For making Chicken Quenelle see "The Service and Garnishing of Soups."*).

## CONSOMMÉ CRÉOLE

Veal consommé garnished with diced tomatoes, fried onion rings, with pimientos cut julienne style.

## CONSOMMÉ CUSSY

Game consommé garnished with white royale (chestnut), pheasant royale and julienne of truffles. Just before serving, add a glass of madeira wine.

## CONSOMMÉ DAME BLANCHE

Chicken consommé garnished with equal parts of medium sago, diamond shapes of chicken breast and almond royale.

## CONSOMMÉ D'ARTAGNAN

In the bottom of a buttered pan place 1 sliced carrot, 1 onion, a stalk of celery, a piece of raw ham, a sprig of thyme, 1 bay leaf, and some pepper berries. On top place 3 calf's feet, and simmer for a few minutes. Then add  $\frac{1}{2}$  glass of white wine and  $\frac{1}{2}$  glass of sherry, and 3 quarts of bouillon or stock. Clarify with the whites of 2 eggs, bringing to a boil slowly. Cook until the feet are soft. Strain the broth through cheesecloth, cut the calf's feet in small pieces, and add to the consommé.

## CONSOMMÉ DU BARRY

Boil a cauliflower in salt water. When done, cut the tips of the flowers from the stems and add to boiling consommé.

## CONSOMMÉ DAUPHINE

This is a chicken consommé with a garnish of asparagus tips, tarragon leaves and royale, cut into various fancy shapes.

## CONSOMMÉ DE LA MARIÉE

Boil 1 quart of consommé. Put the yolks of 4 eggs in a soup tureen and stir well, adding the consommé slowly. Season with a little cayenne pepper.

### CONSOMMÉ DEMIDOFF

This is chicken consommé garnished with diced mixed vegetables, fine herbs and shredded chervil. Sometimes julienne of truffles is added.

### CONSOMMÉ D'ESCLIGNAC

Veal consommé garnished with very small dice of young spring turnips and plain royale.

### CONSOMMÉ DIABLÉ

Cut 3 thin slices of bread, as for sandwiches, and spread with 2 cups of grated parmesan or Swiss cheese, that has been mixed with the yolks of 2 eggs and plenty of cayenne pepper. Bake in a hot oven until brown. Cut in small squares or circles, and serve on a napkin on a platter. Serve the consommé very hot.

### CONSOMMÉ DIANE

Take any game bird, such as grouse, partridge, quail, pheasant or guinea hen, and roast just enough to give a colour. Then put in soup stock and boil until soft. Clarify the broth with chopped beef, and strain. Cut the breast out of the bird, cut in small squares, and serve in the consommé. Add some dry sherry and a little cayenne pepper before serving.

### CONSOMMÉ DIPLOMATE

Chicken consommé thickened with tapioca (1 oz. to each 2 pints), and garnished with quenelles of chicken, crayfish and diced truffle.

### CONSOMMÉ D'ITALINI

Boil some d'italini (a species of Italian paste) in salt water, drain off and serve in consommé. Grated cheese separate.

### CONSOMMÉ DORIA

Consommé Tapioca, with chopped truffles and sherry.

### CONSOMMÉ D'ORLEANS

Beef consommé with a garnish of veal quenelles coloured green (spinach), red (tomato), and plain.

### CONSOMMÉ DOUGLAS

Veal consommé garnished with slices of sweetbreads, asparagus tips and artichoke bottoms.

## CONSOMMÉ DUC DE YORK

Game consommé made generally from grouse and venison, garnished with diced venison and breasts of grouse.

## CONSOMMÉ DUCHESSE

To some chicken forcemeat add some truffles chopped fine, mix well and form into small dumplings. Cook the dumplings in 3 pints of consommé. Cut 2 turnips in small squares and boil in salt water. When it is done, add to the consommé, with  $\frac{1}{2}$  cup of boiled rice, and croûtons soufflés prepared with grated cheese. (Yield: 8 portions).

## CONSOMMÉ DUFFERIN

To each 3 pints of rich fish consommé add  $\frac{1}{2}$  teaspoon of curry powder. Garnish the soup with well washed boiled rice and slices of fillets of sole.

## CONSOMMÉ DUSTAN

Beef consommé with a garnish of haricot beans.

## CONSOMMÉ EMPIRE

Veal consommé with a garnish of red and white royale cut into strips, and small carrot, turnip and cucumber bass cut with a Parisienne spoon, and tarragon leaves.

## CONSOMMÉ FAVORI

3 pints veal consommé garnished with 1 cup asparagus tips and 24 chicken quenelles. (Yield: 8 portions).

## CONSOMMÉ FÉDÉRAL

Make a consommé royale, season with a little cayenne pepper, and add 6 thin slices of truffle for each person.

## CONSOMMÉ FERMIÈRE

Put 2 ounces of butter in a pan; add equal parts of carrots, turnips, and cabbage cut in thin round slices the size of half-a-crown. Simmer until done, then drain off the butter, add  $1\frac{1}{2}$  quarts of consommé, and boil for 15 minutes. Serve with chopped parsley on top, and with bread crusts fried in butter separately. (Yield: 8 portions).



## CONSOMMÉ FINANCIÈRE

This is chicken consommé with a garnish of cocks' combs, truffles and sweetbreads, all cut julienne style.

## CONSOMMÉ FLAMAND

Beef consommé with a garnish of young green peas, shredded chervil, and diced green royale (spinach).

## CONSOMMÉ FLEURY

Sliced sorrel boiled in water for a second, boiled rice, small asparagus tips and peas, in equal parts. Serve in consommé.

## CONSOMMÉ FLORENTIN

In consommé put some plain boiled spinach cut in small pieces, also thin pancake cut the same way. Serve grated cheese separately.

## CONSOMMÉ FLORIDA (usually served chilled)

4 pints beef consommé

4 diced tomatoes

4 oranges (cut up)

2 green pimientos (cut up)

Remove the seeds from pimientos, leave skin on oranges. Simmer all together for 45 minutes to 1 hour, strain and chill. A really refreshing summer soup.

## CONSOMMÉ FRANÇILLON

Poach 1 egg for each person in chicken consommé. Add some diced breast of chicken and serve.

## CONSOMMÉ FRASCATI

Cut 2 potatoes in small dices, and parboil for 5 minutes in salted water. Drain off the water, add 6 heads of peeled fresh mushrooms sliced very thin, and 2 quarts of consommé. Cook slowly until the potatoes are soft.

(Yield: 10 portions).

## CONSOMMÉ GARIBALDI

Boil  $\frac{1}{4}$  lb. spaghetti and cut in pieces 1 inch long. Cut 12 green queen olives julienne style, and add, with the spaghetti, to 3 pints of hot consommé. Serve grated cheese separately.

(Yield: 8 portions).

## CONSOMMÉ GAULOIS

Thicken 3 pints chicken consommé with 6 yolks of eggs well beaten with their same volume of chicken stock. Garnish the soup with a julienne of sheep's kidneys, ham and cocks' combs. (Yield: 8 portions).

## CONSOMMÉ GEORGIA

Peel 2 tomatoes, cut in two, squeeze out the juice, and cut in small squares. Cut 2 pimientos in small squares. Boil 2 peeled green peppers in bouillon, and cut in small squares. Slice 12 mushrooms very fine. Add all of the above, together with a cup of plain boiled rice, to 2 quarts of very hot and well-seasoned consommé. (Yield: 10 portions).

## CONSOMMÉ GERMINAL

Beef consommé, garnished with a dice of French beans, young peas, asparagus tips, shredded chervil and tarragon leaves.

## CONSOMMÉ GODIVA

Well reduced veal consommé garnished with quenelles of veal.

## CONSOMMÉ GRANDE DUCHESSE

Chicken consommé with a garnish of quenelles of cheese, chicken and anchovy, with shredded tongue.

## CONSOMMÉ GRENADE

Tomato flavoured chicken consommé, garnished with diced plain royale, tomatoes and shredded chervil.

## CONSOMMÉ HÉLÈNE

Veal consommé with a garnish of royale cut in various fancy shapes, of red (tomato), green (spinach), white (made with white of egg only).

## CONSOMMÉ IMPÉRATRICE

Consommé garnished with small lobster dumplings and asparagus tips in equal parts, and a sprinkle of chopped chervil.

## CONSOMMÉ IMPÉRIAL

Beef consommé with a garnish of various coloured royale all cut julienne style. To get the right effect, it needs at least 8 ozs. of various coloured julienne strips to each 3 pints beef consommé.

## CONSOMMÉ INAUGURATION

Equal parts of julienne, small chicken dumplings, and Italian paste, served in hot consommé.

## CONSOMMÉ INDIEN

To each 3 pints of well reduced veal consommé, add 1 teaspoon of good curry powder. Garnish with plump sultanas.

## CONSOMMÉ INNOCENT

Chicken consommé; use shredded almonds, shredded chicken breasts, and a julienne of plain royale in equal parts, to garnish the consommé.

## CONSOMMÉ IRMA

Boil one calf's brains, cut in small squares, and add to a quart of well-seasoned consommé. *(Yield: 5 portions).*

## CONSOMMÉ JACOBIN

To each 3 pints of chicken consommé add 2 ozs. of diced cooked potatoes, turnips, French beans, young green peas, and 1 large truffle, cut julienne style. *(Yield: 8 portions).*

## CONSOMMÉ JAPONAIS

Consommé aux Perles de Nizam, coloured with saffron.

## CONSOMMÉ JARDINIÈRE

Jardinière—meaning garden style; beef consommé made with a variety of cooked garden vegetables, usually diced.

## JELLIED (TWO-TONED) CONSOMMÉ

Prepare dark and light-coloured jellied consommé mixtures; pour into shallow pans to make a 1-inch thick layer of each; chill in refrigerator until firm. Cut layers in 1-inch cubes and arrange light and dark cubes in bouillon cups.



## CONSOMMÉ JERUSALEM

Beef consommé with a garnish of very small balls of artichokes. The trimmings from the artichokes are usually used in the making of the consommé, along with the other vegetables.

## CONSOMMÉ JOCKEY CLUB

To each 3 pints chicken consommé add 2 ozs. each of carrot royale (red), pea royale (green), chicken royale (plain). *(Yield: 8 portions).*

## CONSOMMÉ JULIENNE

To each 3 pints of beef consommé, cut the red part of 2 carrots, the same quantity of turnips, and 2 leeks, in thin shreds a good inch long. Put into a stewpan with 2 ozs. butter and a pinch of sugar. Stir over the fire until a nice golden brown colour. Moisten with a little of the consommé and simmer gently until tender. Ten minutes before serving, add some shredded cabbage and lettuce previously blanched. Strain off the butter, add the julienne to the consommé, and serve. *(Yield: 8 portions).*

## CONSOMMÉ KURSEL

See Consommé Printanière. Shredded lettuce is used as an additional garnish.

## CONSOMMÉ LÉLIE

To each 3 pints of chicken consommé, add as a garnish shredded sliced chicken, carrots, almonds and tarragon, in equal quantities.

## CONSOMMÉ LÉOPOLD

To each 3 pints of veal consommé, thicken with 1 oz. semolina. Garnish with shredded lettuce, sorrel and chervil. *(Yield: 8 portions).*

## CONSOMMÉ LORETTE

Chicken consommé garnished with equal quantities of shredded pimienta, truffle and chervil, and asparagus tips, with very small cork-shaped potatoes.

## CONSOMMÉ MACÉDOINE

Beef consommé to which are added several kinds of vegetables in season.

## CONSOMMÉ MADRILÈNE

Slice a handful of sorrel and cook for 5 minutes in a quart of consommé. Add vermicelli and 1 tomato cut in small dices. Serve grated cheese separately. (Yield: 5 portions).

## CONSOMMÉ MADRILÈNE (Jellied)

To 3 cups Madrilène Consommé use 1 level tablespoon gelatine. Soften gelatine in 2 tablespoons water about 5 minutes; add 1 cup hot soup and stir until gelatine is dissolved. Then add remaining 2 cups cold soup, season to taste and pour into bowl or bouillon cups; chill until firm or jellied. (Yield: 3 bowls).

## CONSOMMÉ MARCHAND

Cut a truffle julienne style; also a slice of breast of a boiled fowl and a few slices of smoked beef tongue. Serve in 2 quarts of boiling well-seasoned consommé. (Yield: 10 portions).

## CONSOMMÉ MARIA

To each 3 pints of chicken consommé add 1 oz. fine tapioca and simmer till thick. Add as a garnish diced plain royale, French beans, carrots and turnips. (Yield: 8 portions).

## CONSOMMÉ MARIE LOUISE

To Consommé Royale add a cupful of fresh boiled green peas.

## CONSOMMÉ MASSENET

Garnish the consommé with boiled carrots cut in half-moon shape, and boiled macaroni cut in pieces  $\frac{1}{2}$  inch long. Sprinkle with chopped chervil.

## CONSOMMÉ MEDINA

Cut some boiled liver in julienne style. Boil  $\frac{1}{2}$  lb. spaghetti until soft, cut in pieces 1 inch long, and add with the liver to very hot consommé. Serve with grated cheese.

## CONSOMMÉ MERCÈDÈS

Beef Consommé to which are added rings of red pimientos and fancy shapes of cocks' combs (hearts, diamonds and stars). Add a glass of dry sherry wine just before serving.

## CONSOMMÉ MIKADO

To each 2½ pints chicken consommé, add ½ pint clear tomato juice. Garnish with diced chicken and fresh tomatoes. Serve very hot. (*Yield: 8 portions*).

## CONSOMMÉ MOGADOR

Wash a heart of celery and cut in small dice, boil in salted water until soft. Then add to 3 pints of boiling consommé; season well, and serve with chopped chervil.

## CONSOMMÉ MONACO

Cut 1 breast of a boiled chicken or fowl and 2 truffles in small dice. Add to 1 quart of hot well-seasoned consommé.

## CONSOMMÉ MONTE CARLO

To each 3 pints of very rich chicken consommé add as a garnish 2 ozs. small carrot slices, 2 ozs. small rounds of turnip, 1 oz. small rounds of truffle and 1 oz. of rounds of pancake cut out with a very small cutter.  
(*Yield: 8 portions*).

## CONSOMMÉ MONTE CRISTO

Consommé Royal and Printanière mixed. (*See recipes under their headings*).

## CONSOMMÉ MONTESQUIEU

Equal parts of boiled ham, breast of chicken, and mushrooms, cut julienne style. Also an equal part of the small flowers of boiled cauliflower. Serve all in hot, well-seasoned consommé.

## CONSOMMÉ MONTGLAS

Beef consommé garnished with small quenelles made of ox liver force-meat.

## CONSOMMÉ MONTMORT

To each 3 pints of veal consommé add as a garnish 1 oz. each of chopped tongue, truffle, diced carrot, turnips, peas, asparagus tips and a little shredded chervil.  
(*Yield: 8 portions*).



### CONSOMMÉ NAPIER

Add to boiling consommé a marrow bone cut as thin as your butcher can cut it with a saw. Serve at once.

### CONSOMMÉ NAPOLEON

Make some very tiny rissoles of chicken meat (8 to a person); cook these in chicken consommé (3 pints to 8 persons), and serve very hot.

### CONSOMMÉ NATIONAL

Cut some plain, green, and red royale in small stars, and serve in hot consommé.

### CONSOMMÉ NAVARIN

Beef consommé, garnished with equal amounts of diced green royale (pea), and crayfish. Blanched parsley is added just before serving.

### CONSOMMÉ NELSON

Put 3 pounds of fish bones and 3 quarts of water in a pan, also 1 sliced onion, 1 carrot, 1 piece of leek, 1 stalk of celery, a little parsley in branches, 1 bay leaf, 1 clove, and season with salt and pepper. Boil for  $\frac{1}{2}$  hour, and clarify as follows:

In a pan put 1 pound of raw chopped beef and the whites of 2 eggs. Mix well. Add, little by little, the strained fish broth, set on the stove and bring to a boil. Then put to one side and allow to simmer for 15 minutes. Strain through cheesecloth or napkin, add 2 cups of boiled rice, season well, and serve.  
(Yield: 12 portions).

### CONSOMMÉ NESSELRODE

Game consommé, made usually from hazel hens. Use as a garnish, in equal quantities, diced plain royale, chopped chestnuts, hazel hen fillets and mushrooms cut julienne style.

### CONSOMMÉ NIÇOIS

To Consommé Vermicelli add peeled tomatoes cut in small squares. Bring to a boil, and serve with grated cheese separate.

## CONSOMMÉ NINON

To each 3 pints of chicken consommé, add as garnish 2 ozs. small carrot balls, 1 oz. shredded truffle, 2 ozs. small turnip balls and some shredded chervil. (Yield: 8 portions).

## CONSOMMÉ NIVERNAIS

Take 2 good carrots and scoop out small balls with a parisienne spoon, boil in salted water for 10 minutes, strain and throw into 3 pints beef consommé. Cut 3 turnips in the same way and sauté them in a pan with butter and a pinch of sugar till a light golden brown. Add these to the consommé and simmer till tender. Cook 3 ozs. very small Brussels sprouts, add them to the consommé, and serve at once. (Yield: 8 portions).

## CONSOMMÉ WITH NOODLES

Boil  $\frac{1}{2}$  lb. of noodles in salted water. When done, add them to 2 quarts of hot consommé. Serve grated cheese separate. (Yield: 10 portions).

## CONSOMMÉ OLGA

To each 3 pints of rich game consommé, add 1 oz. celeriac, 1 oz. gherkins, 1 oz. carrots, all cut julienne style. Add at moment of serving 1 glass of port wine. (Yield: 8 portions).

## CONSOMMÉ ORIENTAL

Cut carrots and turnips in the shape of half-moons. Boil in salted water until soft, and serve in hot consommé with an equal quantity of plain boiled rice.

## CONSOMMÉ ORLÉANS

Boiled barley well washed so it will not discolour the soup, small chicken dumplings, peas, and peeled tomato cut in very small squares, and some chopped chervil. Put in consommé just before serving.

## CONSOMMÉ ORSAY

To each 3 pints of chicken consommé, add 8 poached yolks of egg (one to each person), 2 ozs. asparagus tips, 2 ozs. julienne of pigeon breasts. (Yield: 8 portions).

## CONSOMMÉ PALESTINE

To each 3 pints beef consommé add 8 ozs. Jerusalem artichokes, cut into small balls with a vegetable scoop. Simmer till the artichokes are tender and serve. *(Yield: 8 portions).*

## CONSOMMÉ PARFAIT

To a pint of cold Consommé Tapioca add 3 raw eggs and 2 additional yolks, put in a buttered mould and cook in a bain-marie. When done, allow to cool, slice, and serve in hot consommé. (This is Tapioca Royale).

## CONSOMMÉ PARMENTIÈRE

Proceed as for Consommé Palestine, using potatoes instead of artichokes. This soup is greatly improved if very small new potatoes are used, instead of making the balls of old potatoes.

## CONSOMMÉ PAYSANNE

Cut 2 leaves of white cabbage in 1 inch squares, and put in a pan. Add 1 sliced carrot, 1 sliced turnip, 1 leek and 2 leaves of celery, also sliced. Also add 2 ozs. of butter, cover, and simmer in oven until soft. Be careful that it does not burn. Drain off the butter, add 1 quart of consommé, and boil for 10 minutes. Add a little chopped chervil. *(Yield: 5 portions).*

## CONSOMMÉ PEMARTIN

Chop 2 truffles very fine, put in a pan with 1 large glassful of Pemartin sherry, and boil for 2 minutes. Then add 3 pints of consommé, season well with salt and cayenne pepper, and serve very hot. *(Yield: 8 portions).*

## CONSOMMÉ AUX PERLES DE NIZAM

Perles de Nizam is large pearl tapioca. Boil 2 quarts of consommé, then add slowly  $\frac{1}{2}$  lb. of pearl tapioca, and cook slowly until soft.

## CONSOMMÉ, PLAIN (To make quickly)

Mix  $\frac{1}{2}$  lb. beef, chopped fine, with 1 white of an egg. Add slowly 1 quart of stock and let simmer for  $\frac{1}{2}$  hour. Strain through napkin or fine cheesecloth. Season and serve. *(Sufficient for 4 persons).*

## CONSOMMÉ À LA POISSONNIÈRE

This is a rich court bouillon garnished with quenelles of sole.



## CONSOMMÉ POMPADOUR

Cut some turnips and carrots into fancy shapes, cook in salted water and drain. (2 ozs. of each for each 3 pints chicken consommé). Add to these 1 oz. each of pink, green and plain royale, also cut into fancy shapes. Add to boiling consommé and serve.

## CONSOMMÉ PORTUGAIS

Peel 4 tomatoes, cut in two, squeeze out the water, and cut in small dices. Bring 3 pints of consommé to a boil, add the tomatoes and 1 cup of boiled rice. Canned tomatoes may be used if desired. (*Yield: 8 portions*).

## CONSOMMÉ PRINCE DE GALLES

To each 3 pints of rich veal consommé add some fancy shapes of chicken breast, plain royale and asparagus tips in equal quantities. (*Yield: 8 portions*).

## CONSOMMÉ PRINCESSE

Chicken consommé which has been well reduced, and to which is added diamond, heart, star and other fancy shapes of chicken breast, carrots and turnips, and some asparagus tips. 2 ozs. of each would be sufficient for 3 pints of consommé.

## CONSOMMÉ PRINTANIÈRE

Cut all kinds of spring vegetables in fancy or dice shapes, boil in salt water, and serve in hot consommé. Just before serving add some small leaves of chervil. The vegetables commonly used are carrots, turnips, peas, string beans, small green asparagus tips, small flowers of cauliflower, etc.

## CONSOMMÉ PROFITEROLES

See making of Profiteroles under *Garnishing of Soups*. These profiteroles are made in various flavours and filled with various forcemeats. Each type of profiterole gives a different name to the consommé for which it is used.

## CONSOMMÉ RACHEL

*More than one Rachel being claimed as a celebrity, we find more than one soup claiming that title.*

- (1) Plain consommé garnished with asparagus tips.
- (2) Plain consommé garnished with chicken dumplings and small peas.

### CONSOMMÉ RAVIOLI

Add 8 ozs. ravioli to 3 pints of beef consommé and poach in the consommé. *(Yield: 8 portions).*

### CONSOMMÉ REINE

3 pints of chicken consommé thickened with 2 ozs. very fine tapioca. Garnish the soup with royale made with chicken purée and chicken julienne in equal parts. *(Yield: 8 portions).*

### CONSOMMÉ RICHELIEU

Beef consommé garnished with chicken quenelles, julienne of carrots and turnips, shredded chervil and lettuce.

### CONSOMMÉ RIVOLI

Consommé garnished with carrots cut in half-moon shape and boiled in consommé, small chicken dumplings and royale custard also cut in half-moon shape.

### CONSOMMÉ ROMAIN

Veal consommé garnished with quenelles made of fresh breadcrumbs.

### CONSOMMÉ ROSIÈRE

Beef consommé garnished with equal amounts of quenelles of cheese and quenelles of ham.

### CONSOMMÉ ROSSINI

To each 3 pints of chicken consommé add 1 oz. of fine tapioca and simmer till thickened. Then add as a garnish profiteroles stuffed with foie gras and diced truffles. *(Yield: 8 portions).*

### CONSOMMÉ ROTHSCHILD

Equal parts of breast of boiled fowl, beef tongue and truffles cut julienne style, and added to very hot consommé. Add a little chervil before serving.

### CONSOMMÉ ROYALE

Beat 4 eggs and season well. Add 1 pint of warm (not hot) consommé, put in a buttered mould and set in a pan of hot water. Cook slowly in

a moderate oven. When the custard is done, allow to cool, and cut in any shape desired. Serve hot consommé, with royale custard as a garnish. One pint royale custard is sufficient to garnish 4 quarts of consommé.

Custard Royale is made in various colours to suit the different names of consommé. The colouring of the royale is generally obtained through a purée of vegetables, poultry or game and not just synthetic colours.

For GREEN ROYALE—use 4 ozs. spinach purée.

For RED ROYALE—use 4 ozs. highly concentrated tomato purée.

For CHICKEN ROYALE—use 4 ozs. of chicken purée.

For GAME ROYALE —use 4 ozs. of purée of game.

For WHITE ROYALE—8 whites of eggs are used instead of 4 whole eggs. This is sometimes mixed with very finely chopped truffle, to obtain a mosaic effect.

*See also Service and Garnishing of Soups.*

## CONSOMMÉ WITH ROYALE AND CARROTS

Boil 2 lbs. of carrots in salted water. When done, drain off the water and pass the carrots through a fine sieve. Take the carrot purée and mix with 2 whole eggs and 2 yolks, season with salt and pepper, and again. Put in a small buttered pudding mould and cook in a bain-marie. When set, allow to become cool, remove from mould, and cut in any fancy shape desired. Serve in hot consommé.

## CONSOMMÉ WITH GREEN ROYALE

Mix 4 eggs with 1 pint of warm consommé, add 4 ozs. spinach purée, strain, put in buttered timbale moulds, and cook in bain-marie. Cut in any shape, and serve in hot consommé.

## CONSOMMÉ WITH RED ROYALE

Mix 4 eggs with 1 pint of warm consommé, add 4 ozs. tomato purée, strain, and cook in bain-marie. Cut in any shape desired, and serve in hot consommé.

## CONSOMMÉ RUBENS

To Consommé Brunoise add a spoonful of boiled barley and a few squares of boiled smoked beef tongue for each person.

## CONSOMMÉ À LA RUSSE

Beef Consommé garnished with shredded celery, carrots and leeks.



### CONSOMMÉ WITH SAGO

Bring 3 pints of consommé to a boil and then let  $\frac{1}{4}$  lb. sago run slowly into it. Cook for 10 minutes.

### CONSOMMÉ SAINT-GERMAIN

Beef consommé garnished with fresh garden peas.

### CONSOMMÉ SARAH BERNHARDT

Consommé Tapioca with small lobster dumplings. Cook a few leaves of fresh tarragon in clear consommé, and strain into the consommé tapioca before serving.

### CONSOMMÉ SAVARIN

Garnish 3 pints of chicken consommé with equal quantities of chicken quenelles and cooked sweetbreads cut in dice. (Yield: 8 portions).

### SCOTCH CONSOMMÉ

Boil a piece of mutton very slowly in consommé. When done, strain the broth, add the mutton cut in small dices, some brunoise, and some boiled barley.

### CONSOMMÉ SÉVIGNÉ (I)

White meat of chicken and smoked beef tongue cut julienne. Serve in consommé with a sprinkle of chopped chervil.

### CONSOMMÉ SÉVIGNÉ (II)

Consommé Brunoise with small quenelles (chicken dumplings). Add some chopped chervil and a little cayenne pepper. Serve very hot.

### CONSOMMÉ SICILIEN

Roll out very thin a noodle paste, and cut in lozenge shapes about 1 inch long. Boil in salt water for about 10 minutes, cool off in fresh cold water, and serve in hot beef consommé. Serve grated parmesan cheese separately.

### CONSOMMÉ SOLANGE

Veal consommé; to each 3 pints add as a garnish 2 ozs. well washed cooked pearl barley, 2 ozs. julienne of chicken, and some squares of lettuce.

## CONSOMMÉ SOUBISE

Mix  $\frac{1}{2}$  cup of purée of onions,  $\frac{1}{2}$  pint of cold chicken broth, 2 whole eggs and the yolk of 1 egg; season with salt, pepper, and a little grated nutmeg. Strain through a fine sieve, put in a buttered mould, and cook in bain-marie. Allow to set, slice and serve in 3 pints hot beef consommé.

(Yield: 8 portions).

## CONSOMMÉ SOUBRETTE

To each  $2\frac{1}{2}$  pints rich chicken consommé add  $\frac{1}{2}$  pint clear tomato juice. Season with cayenne pepper and garnish with round flat quenelles decorated with truffles.

## CONSOMMÉ WITH STUFFED CABBAGE

Add to hot consommé 1 small stuffed cabbage, or 4 large stuffed brussels sprouts, to each person.

**STUFFED CABBAGE.** May be made any size, using the whole cabbage or as small round as a half-crown, for garnishing. Parboil a whole cabbage; or some leaves only. Make a stuffing as follows: Soak 2 rolls in milk for 10 minutes, then squeeze out, and chop fine. Add 1 onion, chopped and fried in butter; 1 pound of sausage meat; a whole raw egg, and some chopped parsley, chervil and chives. Season with salt and pepper, and mix well. Fill the whole head of cabbage if desired. Or, take 2 leaves and season with salt and pepper, put a spoonful of the stuffing in the centre, and fold the leaves in the form of a ball. Place the stuffed cabbage in a buttered pan with a sliced carrot and onion, a bay leaf and a clove. Cover with bouillon, put a buttered paper over the top of the pan, and cook in the oven until the cabbage is soft.

## CONSOMMÉ TALLEYRAND

Put 4 grated truffles in a soup tureen, add a glassful of very dry sherry, and a pinch of cayenne pepper, cover, and stand for an hour. When ready to serve, pour 3 pints of hot Consommé Tapioca over it.

## CONSOMMÉ TAPIOCA

To 2 quarts of boiling consommé add slowly 1 cup of tapioca, and boil for 8 minutes.

(Yield: 10 portions).

## CONSOMMÉ THÉODORA

Put in the consommé, equal parts of small chicken dumplings, plain royale, and boiled asparagus tips. Before serving, add some chopped chervil.

## CONSOMMÉ TOMATO

2 ozs. chopped celery	1 pint tomato juice
2 ozs. chopped cabbage	2 pints veal consommé
3 ozs. minced onion	1 oz. butter
1 teaspoon minced basil	2 eggs with shell
1 teaspoon sugar	salt and pepper

Brown onion in butter, add vegetables, tomato juice, and veal stock and seasonings. Simmer slowly 1 hour and let cool. Remove any grease, lightly beat egg whites and add crushed shells. Put on fire and stir till soup boils, simmer 10 minutes. Line a conical strainer with cheesecloth and strain the consommé very carefully. Re-heat, taste for seasoning, and serve.

(Yield: 8 portions).

## CONSOMMÉ TOMATO DE LUXE

As above, served with small pyramids of whipped cream floating on the top, with a dash of chopped parsley on each spoonful of cream.

## CONSOMMÉ TOSCA

Peel and cut a cucumber in small squares, boil in salt water until soft, and then allow to become cool. Cut  $\frac{1}{2}$  stalk of celery julienne style, and cook in salt water until soft. Cook  $\frac{1}{4}$  pound of large barley in salt water till soft, and cool. Boil 3 pints of consommé, add 2 peeled tomatoes cut in very small squares, and boil for 2 minutes. Add the cucumber, celery and barley, and serve.

(Yield: 8 portions).

## CONSOMMÉ TRIANON

Cut some green, red and natural royale in triangle shapes, and serve in hot consommé. (See *Consommé Royale* for making *Royale Custard*).

## CONSOMMÉ TROPICAL

To 3 pints of Consommé Madrilène add the juice of 3 oranges. Heat and serve.

(Yield: 8 portions).

## CONSOMMÉ TURBIGO

Boil  $\frac{1}{4}$  pound of noodles in salt water. Boil a carrot, cut in the form of matches, place in salt water until soft. Cut the breast of a soup hen or chicken in julienne shape. Add all to 3 pints of hot and well-seasoned consommé.

(Yield: 8 portions).



### CONSOMMÉ VALENCIEN

Boil  $\frac{1}{4}$  pound of rice in salted water, cool, and serve in 1 quart of hot and well-seasoned consommé. Before serving, add some small leaves of chervil, which should be specially selected. Grated Swiss cheese should be served separately. (Yield: 6 portions).

### CONSOMMÉ VALETTA

Veal consommé garnished with slices of tangerine orange and shreds of the peel. Care should be taken to remove all pips.

### CONSOMMÉ VALOIS

Beef consommé garnished with tomato quenelles, pearl barley and asparagus tips in equal quantities.

### CONSOMMÉ VANDERBILT

Equal parts of boiled breast of chicken, boiled smoked beef tongue, mushrooms and truffles cut in julienne style; and one part of fresh or canned peas. Serve in hot, well-seasoned consommé. 2 ozs. of each will be sufficient for 3 pints of consommé.

### CONSOMMÉ VATEL

Rich court bouillon garnished with crayfish royale, strips of fillets of sole. Add  $\frac{1}{2}$  glass of vin blanc to each 3 pints of soup just before serving.

### CONSOMMÉ VEAL, JELLIED

Dissolve 1 oz. powdered gelatine in 1 pint hot veal consommé. Add a further 2 pints veal consommé and allow to cool.

Place 1 oz. diced cooked veal into each soup bowl and a dash of chopped parsley. Add a little of the consommé and allow to set. Now fill the bowls and allow all to set.

### CONSOMMÉ VÉNITIEN

Garnish 3 pints veal consommé with 50 tiny cheese quenelles added just at the moment of serving. (Yield: 8 portions).

### CONSOMMÉ VERMICELLI

Boil  $\frac{1}{2}$  pound of vermicelli in 2 quarts of salt water for 5 minutes. Drain, and add to 3 pints of consommé. Serve grated cheese separately. (Yield: 8 portions).

## CONSOMMÉ VÉRON

Beef consommé garnished with diced plain royale, flageolettes, julienne of truffles and capsicum. Add a glass of port just before serving.

## CONSOMMÉ VERT-PRÉ

To each 3 pints boiling chicken consommé add 1½ ozs. fine tapioca and simmer till it thickens. Add as a garnish 2 ozs. each fresh green peas, asparagus tips, French beans, some shredded lettuce, sorrel and chervil.

*(Yield: 8 portions).*

## CONSOMMÉ VIVEURS

Make a julienne of beets, leeks and celery, in equal parts, parboil in salt water, and finish cooking in consommé. Then add the breast of a boiled chicken also cut julienne. Chop a raw beet, press out the juice and add to the consommé. This will give it a nice reddish colour. Serve croûtons diablés separately.

CROÛTONS DIABLÉS (for soup). Use either white or rye bread, and cut in round pieces the size of a half-crown. Mix some grated parmesan cheese with cayenne pepper, and put on the round pieces of bread. Place on a flat pan and bake in oven until brown. Serve on a napkin.

## CONSOMMÉ XAVIER

Same as Consommé Allemand, with the addition of a little shredded chervil just before serving.

## CONSOMMÉ OF YOUNG NETTLES

Provincial caterers have a better chance of featuring this soup than those in the towns. With suitable protection, quite a pleasant afternoon can be spent gathering natural wild roots. Treat the nettles exactly as you would spinach consommé. You will be more than pleased with the results.

The nettles are well washed and cooked in the same way as spinach. Add ½ pint of nettle liquor to each 2½ pints beef consommé. Chop the nettles and add to the consommé and serve.

1 lb. nettles will be sufficient for 3 pints consommé.

## BORSHCH SOUPS

### BORSHCH (Borscht, Bortch, Borsch, Bortsch)

The Borshch were originally blood soups. Beetroot juice, fresh or soured, is now used instead, and sometimes cranberries.

There are many different kinds of borshch. Some are made with meat or poultry stock, some with fish stock. But the characteristic of this particular soup is beetroot, which is usually used when soured, in the same manner as sauerkraut.

Sausages and gammon are often adjuncts to this soup. Whatever the ingredients used, however, borshch is always somewhat sour and sharp.

Many experts have given their version of its correct spelling—the one given is as spelt at the Russian Embassy, London.

### CRANBERRY BORSHCH

To each 3 pints water, add 1 lb. cranberries. Boil for about 10 minutes or until skins have popped, then force through a sieve. Add  $\frac{1}{4}$  lb. sliced onion,  $\frac{1}{4}$  lb. sliced cabbage, and boil about 20 minutes or until soft. Add 1 lb. cooked beets cut in julienne strips. Season with salt and pepper and a little sugar.

(Yield: 10 portions).

### JELLIED BORSHCH

1 oz. powdered gelatine

$\frac{1}{4}$  clove garlic

2 ozs. minced celery leaves

$\frac{1}{4}$  teaspoon ginger

salt and pepper

paprika

1 qt. consommé

8 ozs. pickled beetroot

(with  $\frac{1}{4}$  cup of vinegar)

juice of 1 lemon

$\frac{1}{4}$  pt. sour cream

1 hard-cooked egg-white

Soften gelatine in a cup of hot consommé, add beetroot vinegar, garlic, celery leaves, salt, pepper, ginger, and boiling consommé, and stir until gelatine is dissolved. Cool for 30 minutes. Strain, add chopped beetroot, lemon juice and sour cream and mix well. Chill till set. Serve in cups garnished with minced egg white and paprika.

(Yield: 8 portions).



## UKRANIAN BORSHCH

Three large-sized beets, peeled and grated with 1 medium-sized onion, on coarse grater. Boil 30 minutes in 1 qt. of good stock. Add 2 ozs. sugar and salt and pepper to taste. Boil 5 minutes more. Beat 2 eggs with 1 pt. sour cream, pour in slowly. Add juice of 2 lemons and serve.

(Yield: 8 portions).

## WATERCRESS BORSHCH, CHILLED

1 qt. beef juice  
1 cup sour cream  
1 eggcup lemon juice  
salt, to taste

1 oz. chives, minced  
1 lb. beets, finely diced  
2 bunches watercress, cut  
medium-fine

$\frac{1}{2}$  cup sour cream, for garnish

To beet juice add sour cream and beat smooth. Add other ingredients and chill for a few hours. Serve in cream soup cups. Garnish with a spoonful of sour cream and a tiny sprig of watercress.

(Yield: 8 portions).

See also *Potage Shchi*, which is a type of borshch, it being a Russian soup.



## BROTHS

**STOCK** is the broth of beef, veal, chicken, fish, etc. Kept "in stock," as its English name suggests, for instant use in soups and sauces.

The real broths, such as Scotch Broth, etc., are a meal in themselves, and are not cleared.

Meats, vegetables and cereals are all left in together, with the very finely chopped herbs, and in some countries are the main dish at the meal. A truly fine idea, far better than filling the bit bins with all the strained meats and vegetables.

### BEEF BROTH

1 lb. finely chopped lean beef  
2 pts. water  
salt and pepper  
a little sugar

Put meat and water in a pan, simmer 1 hour, season to taste, and serve with crackers. (Do not strain.) *(Yield: 4 portions).*

### COLD CELERY BROTH

Wash 4 stalks of celery, and cut in small pieces. Put in a vessel with 2 lbs. of chopped raw shin or neck of beef, 1 onion, and a spoonful of salt. Then add slowly  $\frac{1}{2}$  gallon of stock or bouillon; or 2 quarts of water; and boil for 2 hours. Skim well from time to time. Cool, and serve when cold.

*(Yield: 10 portions).*

### CHICKEN BROTH

Put to boil in 6 pts. cold water one fat soup hen. Skim well, add  $\frac{1}{2}$  onion, a little celery, salt to taste, and cook for 3 hours, when fowl should be soft. Strain the bouillon and serve in cups. The cooked fowl may be used for sandwiches, chicken salad, etc.

*(Yield: 10 portions).*

## CLAM BROTH

Take 24 hard or soft clams and wash well. Put in vessel with just water enough to cover, a little salt and a small piece of raw celery. Boil for 15 minutes, and strain through cheesecloth. Chop clams and put back in broth. Re-heat, and serve. (Do not replace celery). *(Yield: 6 cups).*

## CLAM BROTH, CHANTILLY

Proceed as above. Place whipped cream on top of each cup, just before serving.

## DUTCH BROTH

6 onions	1 egg yolk
5 ozs. butter	3 ozs. flour
1 pt. cold water	1 pt. scalded milk
salt and cayenne	

Chop the onions and cook them in 2 ozs. of the butter for 5 minutes, then add water and cook 30 minutes. Press through a sieve. Make a roux of the remaining butter and the flour, combine it with the scalded milk and add seasoning. Cook 5 minutes, stirring constantly. Add this milk mixture to the onion mixture. Mix thoroughly and add the egg-yolk, slightly beaten. Serve individually in Dutch bowls and place 1 teaspoon of grated edam cheese on the top. Set for a few minutes in hot oven to melt the cheese.

*(Yield: 5 portions).*

## EEL BROTH

1 skinned eel	1 oz. fine tapioca
1 medium onion, sliced	3 pints fish stock
1 oz. butter	seasoning to taste
chopped parsley	

Fry onion in the butter until a light golden colour. Cut up the skinned eel, put it into the pan containing the fried onion, add the 3 pints of stock, boil, skim and simmer gently for 1 hour. Strain, and replace stock into pan, sprinkle in the tapioca and season with salt and pepper. Cook for a further 20 minutes. Serve with chopped parsley added just before serving.

*(Yield: 8 portions).*

## FISH BROTH

Cover the bones of any kind of fish with water, add a bouquet garni, 1 onion, 1 carrot, and a cupful of white wine of desired. Cook for 30 minutes,



and strain. The broth may be served in cups as soup; used for chowders; for bisque soups; for white wine sauce; for cooking fish, or for many other purposes.

### FISH BROTH WITH WHIPPED CREAM

Make a Fish Broth (*see above*), serve whipped cream and cheese straws on the side.

### GREEN PEA AND CHICKEN BROTH

Cook 1 lb. fresh green peas in 2 pints chicken broth until tender. Season well, add a little cream and serve at once. (*Yield: 8 portions*).

### LAMB BROTH

Proceed as for beef broth, using 1 lb. finely chopped lean leg of lamb. A little chopped parsley may be added before serving.

### LAMB BROTH À LA GRECQUE

Cut a pound of raw lamb from the shoulder or leg, in dices about  $\frac{1}{2}$  inch square. In a pan put 3 ounces of butter and set on the stove. When hot, add the lamb and 1 chopped onion and simmer together for 10 or 15 minutes. Then add 2 spoonfuls of flour and 1 spoonful of curry powder, and simmer for 5 minutes, then add 2 quarts of stock, bouillon or hot water. If water is used add a bouquet garni. Bring to a boil and cook for 15 minutes, then add a cup of washed rice and boil until soft. Season with salt and pepper, remove the bouquet garni if used, add 1 tablespoonful of Worcestershire sauce and 1 teaspoonful of sugar. Serve with a little chopped parsley. (*Yield: 8 portions*).

### LAMB BROTH À LA REINE

Put 3 lbs. scrag end of lamb in a roasting pan, season with salt and pepper, a little fat or a small piece of butter, and put in the oven to roast. When done remove the lean meat from the bones and cut in small squares. Put the trimmings in a pan with the lamb bones and 2 quarts of water. Bring to a boil, skim well, and then add 1 sliced onion, 1 carrot, 1 bay leaf, 6 cloves, a bouquet garni, a stalk of leek and 3 leaves of celery, a little salt and a few whole black peppercorns. Boil slowly for 1 hour, without being covered, so that the broth will stay clear. Strain through fine cheesecloth, add the lamb cut in small squares, and  $\frac{1}{2}$  pound of boiled rice. Serve hot and well seasoned. (*Yield: 8 portions*).

## LEEK BROTH

3 pints mutton stock  
6 leeks, finely shredded  
2 ozs. medium oatmeal  
seasoning to taste

Place stock and oatmeal in a pan and cook, add shredded leek and simmer till tender, season to taste and serve.

N. B. The mutton stock can be obtained by splitting a sheep's head and cooking in 4 pints boiling water till the stock is reduced to 3 pints.

*(Yield: 8 portions).*

## LEEK AND BARLEY BROTH

Proceed as for Leek Broth, using 2 ozs. pearl barley in place of the oatmeal.

## MUTTON BROTH

1 lb. scrag end of mutton	3 pints water (cold)
1 small carrot	2 ozs. pearl barley
1 small turnip	little salt and pepper
1 small onion	chopped parsley

Trim off fat from mutton, cut into small pieces, and put in a pan with the cold water. Boil for 1 hour and skim well. Add prepared vegetables cut into dice, and pearl barley, which should be well washed, and leave to simmer for 1 hour. Season with salt and pepper and add the chopped parsley before serving.

*(Yield: 8 portions).*

## ONION BROTH

Proceed as for Dutch Broth, using twice as many onions and omit to pass onion mixture through a sieve.

## ONION AND BARLEY BROTH

Proceed as for Leek Broth, using 1 lb. shredded onions in place of the leeks, and pearl barley in place of oatmeal.

## OX CHEEK BROTH

1 lb. ox cheek	2 pints water
$\frac{1}{2}$ teaspoon salt	pepper
	$\frac{1}{2}$ teaspoon sugar

Scrape the meat free from all fibre. Put meat scrapings in a pan, season, boil 1 hour, and serve with crackers.

*(Yield: 4 portions).*

## OYSTER BROTH

There are two ways to make this seaboard speciality, which used to be called "oyster tea".

1. Stew 12 whole large oysters in their liquor 5 minutes. Strain liquor into  $\frac{1}{2}$  cup milk and heat until beads begin to form at edge. Season with salt and pepper.

2. Chop 8 oysters, add 1 cup cold milk, simmer 5 minutes. Serve with or without toast.

## RABBIT BROTH

Prepare twice the amounts of ingredients given for Mutton Broth, using 1 rabbit instead of the mutton.

The rabbit is jointed and cooked for 2 hours, the stock is strained off and the meat stripped from the rabbit bones and diced. The diced rabbit is returned to the stock and the vegetables added. The procedure then becomes the same as for mutton broth.

*(Yield: 12 portions).*

## SCOTCH BROTH

Cut up a neck of mutton. Remove the best of the cutlet meat and put the remainder in a pan with 2 sliced carrots, 2 diced onions, 1 diced turnip and 1 sliced leek, a little chopped parsley and thyme. Cover with cold water and boil for 2 hours.

Wash 2 ozs. of Scotch barley and add this to the broth with the cutlet meat cut into very small dice. Boil for another 1 hour (or until tender). Remove the bones and skim off all fat. Season to taste and serve.

*(Yield: 8 to 10 portions).*

## SHEEP'S HEAD BROTH

Have the butcher split the head. Remove the brains and tongue, and then place the head in salt water for 12 hours. After rinsing the head, proceed as for Scotch broth, using rice instead of barley, and after 2 hours' boiling take out the head, remove the meat and cut it into dice, returning it to the broth at the time of adding the rice.

Just before serving, add a little chopped parsley.

The brain can be used fried, or as brain cakes, and the tongue braised and served separately.

*(Yield: 8 to 10 portions).*

## SPRING BROTH

The stock for this broth should be made from lamb or veal bones. Load the broth liberally with very small diced root vegetables, plenty of sliced spring onion tops, slices of small radishes and a dash of fresh green parsley. The radish slices are best cooked separately and added just before serving.



## TOMATO BROTH (Hot or Cold)

Chop 1 lb. of shin or lean beef. Mix with the whites of 2 eggs and 6 tomatoes chopped very fine. Stir well, and add slowly 3 pints of bouillon or stock. Bring slowly to a boil, and simmer for an hour. Strain through cheese-cloth, season with salt and pepper. Serve either hot or cold.

*(Yield: 8 portions).*

## VEAL BROTH

Procure a knuckle of veal, place in a pan with 3 pints of cold water. Add 2 carrots, 1 large onion, 1 turnip and 2 stalks of celery, cut into dice. Boil for 2 hours, then take up the knuckle of veal, remove the meat, cut into dice and return this to the stock with 1 oz. of washed rice. Simmer gently till rice is cooked, then add a little chopped parsley. Season to taste, and serve.

*(Yield: 6 portions).*

## VENISON BROTH

Place 2 venison shanks in a pan with 4 pints of water. Add 2 carrots 2 onions, 1 turnip and 3 stalks of celery cut into dice, also a sprinkling of chopped mixed herbs. Simmer for 2½ hours, take up the shanks, remove the meat and cut into dice. Return the meat to the broth with 2 ozs. washed rice. Simmer till tender, with the lid off the pan, to allow the broth to reduce to no more than 3 pints. Season to taste, and serve.

*(Yield: 8 portions).*

## CLEARED SOUPS

### CLEAR SOUP (*See also, Stock to clarify for clear soup*)

To each 6 pints of good brown stock, add the following:—2 lbs. neck of beef, 2 carrots, 2 onions, 1 turnip, 1 leek, all passed through a mincing machine. Next add 2 whipped whites of egg and a bouquet of herbs. Place the pan on the stove and bring all very gently to a slow boil. Simmer for 1 hour and then strain the soup very gently through muslin. Season to taste and use as required under its various headings.

N. B. It is important that the stock be quite cold before adding any of the minced ingredients or the whipped whites of egg, and that the heating process be slow and not rapid, or the soup will not be crystal clear. *Clearing a soup does not entitle it to be called a consommé.*

### CLEAR CELERY SOUP

Proceed as for Clear Soup, omitting the turnip and using 6 outer stalks of celery. After the soup has been cleared, dice a heart of celery and cook steadily in the soup until tender. (*Yield: 8 portions*).

### CLEAR SOUP WITH ITALIAN PASTE

To each 3 pints of hot clear soup add a tablespoon of Italian paste. Cook for 10 minutes, season to taste, and serve. (*Yield: 8 portions*)

### CLEAR SOUP WITH MACARONI

Cook 2 ozs. of macaroni in plenty of salted water. Cut it into 1-inch lengths and add to 3 pints of boiling clear soup. (*Yield: 8 portions*)

### CLEAR SOUP WITH SPAGHETTI

Proceed in the same manner as for Clear Macaroni, using 2 ozs. spaghetti to each 3 pints of clear soup. (*Yield: 8 portions*).

## CLEAR SOUP WITH VERMICELLI

Bring 3 pints of clear soup to the boil. Crush 2 ozs. Vermicelli between the fingers into short lengths, allowing it to fall into the boiling soup. Cook for 10 to 15 minutes, season to taste, and serve.

(Yield: 8 portions).

## CLEAR GAME SOUP

From the bones of pheasants, partridges, venison or other game, make a rich brown stock. Now proceed in exactly the same way as for ordinary clear soup, adding a little more thyme in the bouquet of herbs than for plain clear soup. Add a garnish of diced meats of game, which may be cut from the trimmings of game bird carcasses.

A glass of port may be added at the moment of serving for each 8 portions.

## CLEAR GIBLET SOUP (Turkey, Chicken, Game)

Place 2 lbs. giblets in cold salt water for 12 hours, rinse thoroughly and drain well. Lay the giblets in a shallow tray and brown well under the grill. Now put them into a pan with 4 pints cold water and cook gently for 3 hours. Strain off the stock and allow to cool, then proceed as for Clear Game Soup. The meats should be shredded and added as a garnish just before serving.

It is usual to name the giblet soup in the following manner:

CHICKEN GIBLET SOUP.

TURKEY GIBLET SOUP.

GAME GIBLET SOUP, etc.

## CLEAR HUNTER'S SOUP

With two teaspoons mould some very small quenelles (4 for each person) of any sort of game; poach these in broth, and then drain them on a clean napkin. Afterwards put them into a stewpan containing strong bright soup of game. (3 pints to 8 persons). Place the soup on the fire and allow it to simmer for a few minutes, ascertain that the seasoning is correct, and send to table.

This soup takes its special title from the species of game of which it may chance to be made. For instance, CLEAR HUNTER'S SOUP OF PHEASANT, OF PARTRIDGE, OF HARE, etc., etc.

## CLEAR JARDINIÈRE

Take 2 carrots and 2 turnips and cut into fancy shapes with small cutters. Cut the firm white head of a cauliflower into small pieces, blanch them by placing them in boiling salt water for 3 or 4 minutes. Place the vegetables in



3 pints of clear soup and simmer for 30 minutes. Then add a few leaves of lettuce stamped out with a small cutter, together with a few leaves of tarragon and chervil.

Before sending to table, add some cooked green peas, taste for seasoning and serve. (Yield: 8 portions).

### CLEAR JULIENNE

The word "julienne" is a common kitchen term, signifying cut in slender strips, or match shape. For soup garnish, cut "julienne" style 1 carrot, 1 turnip, 1 leek, a small piece of celery, 4 leaves of cabbage, and  $\frac{1}{2}$  onion.

Season with 1 spoonful of salt, and  $\frac{1}{2}$  teaspoonful of sugar. Mix well. Put in a well-buttered casserole, cover with buttered paper and the casserole cover, put in oven moderately hot, and allow to simmer slowly. Turn occasionally, using a fork to avoid breaking the vegetables. They should simmer without adding liquid, but should they be too dry,  $\frac{1}{2}$  cup of stock may be added. Cook until soft, and drain on a sieve so all the juice will run off. Combine with 3 pints of clear soup, and before serving add a few peas and some chervil. (Yield: 8 portions).

### CLEAR MOCK TURTLE

Procure a blanched calf's head, bone it and split it, remove the brains and tongue and set them aside. Place the split calf's head and boned meat into a pan with 3 quarts of water, cook gently for 3 hours. Strain off the stock and cool.

Now proceed as for clear soup, using a little more herbs. While the soup is clearing, cut the head meat into neat, small squares. When the soup is cleared, simmer till it is reduced to 3 pints. Add the head meat, and just before serving a large glass of marsala wine. (Yield: 8 portions).

N. B. The brains and tongue can be used later for entrées. See recipes in the MASTER MENU AND RECIPE BOOK.

### CLEAR MULLIGATAWNY

To 4 pints of ordinary stock, add 2 handfuls of sour apple peelings and 1 teaspoonful of mild curry powder. Now proceed as for plain clear soup. When the soup has been cleared, simmer to reduce it to 3 pints.

Just before serving, add 2 ozs. washed boiled rice. (Yield: 8 portions).

### CLEAR OX-TAIL

Cut an ox-tail through the joints and brown under the grill. Place the ox-tail in a pan and cover with 6 pints cold stock. Boil for 2 hours. Strain off

the stock, allow to cool, and then proceed as for clear soup. Reduce the soup to 3 pints and add the smallest portions of the tail and the shredded meat from the larger portions. Add a glass of sherry and serve.

### CLEAR ROYALE SOUP

Beat 2 eggs and season well. Add  $\frac{1}{2}$  pint of warm (not hot) clear soup, put in a buttered mould and set in a pan of hot water. Cook slowly in a moderate oven. When the custard is done, allow to cool, and cut in any shape desired.

Half a pint of royale custard is sufficient to garnish 4 pints of soup.

(Yield: 10 portions).

(See also *Service and Garnishing of Soups*)

### CLEAR TURTLE

1 lb. best sun-dried turtle, 2 gallons good stock, 3 small carrots, 3 turnips, 4 sticks celery, 2 leeks, 4 onions, 4 cloves, 20 peppercorns, 2 blades of mace, a bouquet of herbs consisting of parsley, bay leaves, thyme, basil and marjoram, 1 lb. lean beef, 1 lb. veal, 6 whites of eggs,  $\frac{1}{2}$  lemon, 2 glasses of sherry, salt, cayenne.

Wash the turtle in cold water and put to soak in cold water for two to three days, changing the water each day. Wash and prepare the vegetables, tie up peppercorns, mace, and cloves in a piece of muslin. Put the turtle in a large pan with the stock, add the vegetables, herbs and muslin bag as soon as the stock boils and the scum is removed. Let it cook gently from 8 to 9 hours. Remove the fat, strain off the stock, and put the turtle on a dish to cool. When sufficiently cool, cut into convenient pieces.

Cut off the skin, fat, and sinews from the beef and veal, pass twice through a mincing machine. Mix thoroughly with the whites of eggs and the shells of 4, add the juice of  $\frac{1}{2}$  lemon, a sprig of tarragon and chervil, stir in the stock, let it come to the boil, and allow to simmer gently for a good hour. Strain carefully through a cloth, re-boil, add the sherry and turtle meat, season with salt and a pinch or two of cayenne pepper, and serve.

(Yield: 30 portions).

N. B. Usually only female turtles are used for soup, and when made fresh Turtle Soup is unexcelled in food value and is supposed to be highly aphrodisiac. A certain doctor had his fill of Turtle Soup every week, and believed implicitly in the life-lengthening qualities of this soup; and apparently in its other qualities too—he had been married four times!

## CHOWDERS

CHOWDERS are the most popular of American soups. The word "chowder" was supposedly coined by Chinese navigators, who called the Indian stews "chow", so it is said. Obviously, this must have been mistaken for "Chou Chou," which is a Chinese term for any mixture.

Try this small amount for a Fish Chowder first, and see how you like it.

### FISH CHOWDER

2 lbs. firm white fish	4 ozs. fat pork
3 medium sized onions	$\frac{1}{2}$ teaspoon pepper
4 medium sized potatoes	2 teaspoons salt
1 pint scalded milk	slices of thin toast

Cut fish into small pieces and slice vegetables. Dice pork and fry crisp; remove crisps and cook onions in fat for 5 minutes. Rub seasoning into fish and add it to onions with potatoes and pork crisps. Cover with boiling water, cook 20 minutes and add hot milk. Serve hot, poured over a slice of toast on each plate. *(Yield: 8 portions).*

### BEAN CHOWDER

4 ozs. unsmoked bacon, diced
8 ozs. potatoes, diced
4 ozs. onion, diced
1 lb. tomatoes, diced
1 $\times$ 1 lb. can baked beans in tomato sauce
2 pts. water
seasoning to taste

Brown bacon in a thick pan, add onions and cook a few minutes, then add all other ingredients. Season and simmer until potatoes are tender.

*(Yield: 8 portions).*



## BOSTON OYSTER CHOWDER

(Recipe on page 101)

## CABBAGE CHOWDER

1 large cabbage	2 pints cold water
1 onion, thinly sliced	2 ozs. butter
4 raw tomatoes	2 ozs. flour
1 tablespoon salt	1 pint milk, scalded
$\frac{1}{2}$ teaspoon pepper	2 ozs. grated cheese
2 ozs. chopped pimienta	$\frac{1}{2}$ teaspoon paprika

Place sliced cabbage, onion, tomatoes, salt and pepper in a pan, add cold water, bring to a boil and simmer  $\frac{1}{2}$  hour. Melt butter and stir in flour; gradually add milk and cook 5 minutes, stirring constantly until smooth and thickened; add to vegetable mixture. Add cheese, pimienta and paprika, stirring until cheese is melted.

(Approximate Yield: 8 portions).

## CELERY CHOWDER

Proceed as for Chicken Chowder, but omit cooked chopped chicken and use 6 ozs. small diced celery and cook until tender. Season to taste, and serve.

(Yield: 8 portions).

## CHICKEN CHOWDER

3 ozs. onions, sliced	1 $\frac{1}{2}$ pints scalded milk
2 ozs. chicken fat	8 ozs. sliced potatoes
2 ozs. flour	6 ozs. cooked chopped chicken
1 pt. boiling chicken stock	salt and pepper

Fry onion in fat, add flour and stir well. Add chicken stock and potatoes. Cook until soft, then add chicken and milk. Cook another 5 minutes, season and serve.

(Yield: 8 portions).

## CHICKEN BARLEY CHOWDER

Proceed as for Chicken Chowder, but add 2 ozs. barley to the chicken stock and cook until tender before adding the potatoes.

## CLAM CHOWDER

Chop 1 onion, 1 leek, a piece of celery, and 1 green onion in small pieces, also cut 4 ozs. of salt pork in small squares. Put all together in a vessel with 2 ozs. of butter and simmer till well done. Then add 4 pints of stock or fish broth, potatoes cut in  $\frac{1}{2}$  inch squares, salt, pepper, a little paprika, 1 teaspoon-

ful of sugar, 1 teaspoonful of chopped thyme, a little chopped parsley, and 4 peeled tomatoes cut in small dices; or chopped canned tomatoes. Bring to a boil and let cook for about an hour.

Put fifty well-washed little neck clams in a separate vessel and put on fire with  $\frac{1}{2}$  glass of water and boil for 10 minutes. Strain the broth and add to the chowder. Remove the clams from the shells, cut in 4 pieces and add to the chowder. Boil for 4 minutes. Serve with broken crackers.

(Yield: 12 portions).

N. B. Large mussels will do if needs must for any soup where clams are featured.

### CLAM CHOWDER, BOSTON STYLE

Put 50 clams, with their liquid, into a saucepan and boil for 3 minutes. Then set the clams aside, strain the broth and return to the fire. Chop fine, a medium-sized onion, and cut into dice 4 slices of salt pork. Put a piece of butter into a pan, and fry the pork and onion until light brown in colour; stir in 2 tablespoonfuls of flour and cook thoroughly, add the clam juice,  $\frac{1}{2}$  pint of rich soup stock, and the same amount of cream, a couple of diced potatoes, and a bit of thyme if the flavour is liked. Cook for about 10 minutes. Chop the clams, and add last of all, as they do not require much cooking. Just before serving, add a few hard crackers broken into bits.

### CONNECTICUT CLAM CHOWDER

3 ozs. unsmoked bacon	clam liquor
8 ozs. chopped clams	2 lbs. sliced potatoes
2 pts. boiling water	2 ozs. onion, sliced
seasoning to taste	

Dice bacon and fry. Add water and clam liquor. Next add potatoes and onions and cook until potatoes are tender. Add clams, cook only a few minutes, season to taste, and serve.

To add "atmosphere" to this soup, it is usual to eat it with an Indian clam-shell spoon, which consists of a shell blanchd and polished, fastened to the end of a conveniently curved stick.

(Yield: 8 portions).

### CORN CHOWDER

1 oz. salt pork, diced	1 qt. milk
6 tablespoons chopped onions	$\frac{3}{4}$ cup mashed potatoes
No. 1 can corn	salt and pepper
1 pint boiling water	6 cracker biscuits

Fry salt pork; remove cracklings and sauté onions in dripping. Add corn and water, and cook 10 minutes. Then add milk, potatoes, pork and onions, and heat thoroughly. Season to taste. Add crumbled cracklings to chowder just before serving.

(Approximate Yield: 6 portions).

## CORN AND POTATO CHOWDER

Combine 8 ozs. cooked sweet corn, 8 ozs. diced potatoes, 1 oz. butter, 1 oz. diced onion,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon pepper and 1 pint boiling water. Cook until potatoes are tender. Add 1 pint hot milk and thicken with 1 oz. flour mixed with 2 tablespoons cold water. Heat till boiling. (*Yield: 6 portions*).

## CORN AND TOMATO CHOWDER

2 ozs. salt pork	1 teaspoon salt
1 small onion, sliced	1 tablespoon sugar
8 ozs. cooked sweet corn	dash pepper
8 ozs. diced potatoes	$1\frac{1}{2}$ pts. boiling water
6 ozs. tomatoes	$\frac{1}{2}$ can evaporated milk

Cut pork into small pieces and fry slowly to a golden brown in a large saucepan. Add onion and cook slowly without browning for 5 minutes. Add sweet corn, potatoes and tomatoes in alternate layers. Sprinkle with salt, sugar and pepper, then add water and cook slowly until potatoes are tender. Remove from heat and stir milk in slowly. (*Yield: 6 to 8 portions*).

## CRAB CHOWDER

3 slices unsmoked bacon	1 tablespoon sugar
1 tablespoon onion juice	4 ozs. cooked potato cubes
2 ozs. flour	8 ozs. crab meat
1 pt. chicken stock or bouillon	$\frac{1}{2}$ teaspoon salt
1 can evaporated milk	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ pint tomato juice	$\frac{1}{8}$ teaspoon paprika
1 oz. fat	

Parboil bacon for 5 minutes, then place in a pan and fry. Add onion juice and flour and stir until smooth. Add stock and evaporated milk gradually, stirring constantly. When heated, pour into the top of a double boiler and continue cooking over water. Add remaining ingredients and cook until the consistency of thick purée. Serve hot with croûtons. (*Yield: 6 portions*).

N.B. Alternatively, for 3 slices unsmoked bacon in this recipe, may be substituted 3 ozs. salt pork.

## CRAYFISH CHOWDER

Proceed as for Crab Chowder, using chopped crayfish in place of crab.

## FISH CHOWDER

(*Recipe on page 59*)



## FISH AND POTATO CHOWDER

*(Recipe on page 106)*

## LOBSTER CHOWDER

Proceed as for Crab Chowder, with the exception of lobster cut in small dices instead of the crab meat.

## NEW ENGLAND FISH CHOWDER

8 ozs. unsmoked bacon	1 lb. sliced potatoes
1 lb. diced white fish	4 ozs. sliced onions
seasoning to taste	

Fry bacon; then put a layer in a casserole, next a layer of diced fish, then a layer of potatoes and onions. Continue with layers until all materials are used, adding salt and pepper. Put in enough fish stock to cover all ingredients. Boil  $\frac{1}{2}$  hour until the potatoes are tender. Add  $\frac{1}{2}$  pint of scalded milk 5 minutes before serving. *(Yield: 8 portions).*

## OATMEAL CHOWDER

2 ozs. pork dripping	2 ozs. cooked split peas
2 ozs. onion, sliced	3 ozs. cooked oatmeal
3 ozs. cooked carrots, diced	2 pts. water
6 ozs. diced tomatoes	seasoning

Brown onion in pork fat, then add all other ingredients, and cook 20 to 25 minutes, when it will be ready to serve. *(Yield: 8 portions).*

## OYSTER CHOWDER

36 cooking oysters	1 pt. boiling water
4 ozs. diced celery	2 egg yolks
8 ozs. cold cooked rice	$\frac{1}{2}$ pint thin cream
salt and pepper	

Chop oysters. Spread layers of celery, rice and oysters in a casserole. Add seasoning and boiling water. Cook in covered casserole very gently for 30 minutes. Beat egg yolks with cream and add to chowder. Stir very carefully 2 or 3 minutes until hot but not boiling, and serve. *(Yield: 6 portions).*

## PARSNIP CHOWDER

2 ozs. unsmoked bacon	1 pt. boiling water
1 medium onion, diced	1 teaspoon salt
8 ozs. diced parsnips	$\frac{1}{4}$ teaspoon pepper
8 ozs. diced potatoes	1 $\frac{1}{2}$ pts. milk, scalded

Sauté bacon and onion together for 5 minutes. Add parsnips, potatoes, boiling water, salt and pepper; heat to boiling and simmer until vegetables are tender, about 30 minutes. Add milk and serve. (Yield: 8 portions).

## POTATO CHOWDER

2 ozs. diced, unsmoked bacon	1 stalk celery, cut into
8 ozs. diced potatoes	small pieces
4 ozs. diced turnips	1 green pepper or pimiento
4 ozs. diced carrots	$\frac{3}{4}$ pt. thin white sauce
1 medium onion, minced	salt and pepper

Fry unsmoked bacon and brown vegetables in the fat. Add boiling water to cover. Cook until tender. Add white sauce and season with salt and pepper to taste. (Yield: 6 portions).

## POTATO CHOWDER (Old-fashioned)

3 pts. thin white sauce  
 1½ lbs. potatoes, cubed (weight after peeling)  
 2 ozs. bacon  
 seasoning

Cook potatoes until tender. Drain. Cut bacon into small pieces. Fry slowly until brown and crisp. Drain the bacon well. Prepare white sauce. Combine white sauce with potatoes, bacon, and add seasoning. (Yield: 8 portions).

## PRAWN CHOWDER

8 ozs. fresh prawns	1 bay leaf
3 pints water	pinch of mixed spice
3 stalks celery, diced	1 oz. rice
2 ozs. onion, diced fine	$\frac{1}{2}$ pint milk
1 green pimiento, chopped fine	chopped parsley

Boil prawns 6 to 7 minutes in 2½ pints of the water. Strain and keep liquor. Shell prawns, return to the liquor and season. Separately simmer onions, celery, pimiento, bay leaf and spice in the other  $\frac{1}{2}$  pint of water, for 5 minutes. Add rice and boil for a further 15 minutes. Add milk 2 minutes before removing from heat. Sprinkle a little chopped parsley in each bowl when serving. (Yield: 8 portions).

## SALMON AND PEA CHOWDER

(Recipe given on page 109)

## SHRIMP CHOWDER

Proceed as for Prawn Chowder, using shrimps.  
(Recipe on page 110)

## SMOKED FISH CHOWDER

(Recipe given on page 110)

## TOMATO CHOWDER

2 ozs. diced unsmoked bacon	1 lb. tomatoes, canned or fresh
1 medium onion, minced	2 ozs. fat
4 ozs. diced carrots	2 ozs. flour
4 ozs. diced potatoes	$\frac{1}{2}$ teaspoon salt
4 ozs. diced celery	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ pint boiling water	1 $\frac{1}{2}$ pints milk, scalded

Sauté bacon until brown, add onion, carrot, potato and celery, and sauté until brown. Add boiling water, cover and cook until vegetables are tender. Add tomatoes and heat to boiling. (If fresh tomatoes are used, cook until tender). Melt fat, blend in flour, salt and pepper; add milk gradually and cook until smooth. Add vegetable mixture to milk, heat and serve immediately.  
(Yield: 8 portions).

## VEGETABLE CHOWDER

2 ozs. bacon, diced	8 ozs. potatoes, diced
4 ozs. green peas	3 stalks celery, diced
8 ozs. tomatoes, diced	2 green peppers, diced
2 ozs. onion, diced	3 pints stock
salt and pepper	

Fry bacon till brown and crisp. Add vegetables and water, cook slowly until vegetables are tender. Season and serve. Diced cooked carrot and turnip may be added if desired.  
(Yield: 8 portions).

## VEGETABLE AND HAMBURGER CHOWDER

$\frac{1}{2}$ lb. unsmoked bacon	8 ozs. cooked tomatoes
1 lb. hamburger meat	2 teaspoons salt
2 carrots, chopped	$\frac{1}{2}$ teaspoon pepper
2 ozs. diced celery	1 oz. rice or barley
1 medium onion, chopped	3 pints boiling water
8 ozs. cubed potatoes	

Fry bacon until browned. When crisp, remove pieces of bacon and brown hamburger meat in fat; add carrots, celery, onion, tomatoes, salt, pepper,

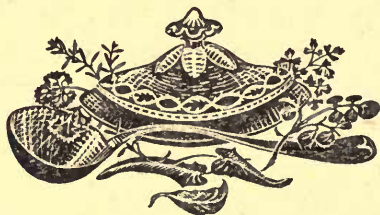


barley, bacon and boiling water. Heat to boiling and simmer slowly 1 hour. Add potatoes and cook another hour or until potatoes are tender. Serve as a main dish for luncheon or supper. (Yield: 8 portions).

### VEGETABLE CHOWDER DE LUXE

8 ozs. chopped celery	$\frac{1}{8}$ teaspoon pepper
8 ozs. cooked sweet corn	2 ozs. butter
1 onion chopped	2 ozs. flour
1 oz. diced green pepper	1 pint milk, scalded
4 ozs. cooked tomatoes	2 ozs. grated cheese
1 pint cold water	1 oz. diced pimento
1 tablespoon salt	$\frac{1}{4}$ teaspoon paprika

Combine first eight ingredients, heat to boiling and simmer  $\frac{1}{2}$  hour. Melt butter, blend in flour; add milk gradually, stirring constantly; heat to boiling and cook 5 minutes. Add to vegetable mixture with cheese, pimento and paprika. Heat until cheese is melted. (Yield: 8 portions).



## CREAM SOUPS

## CREAM OF ALMONDS

3 ozs. ground almonds	2 ozs. flour
1 cup milk	1 quart strong veal broth
1 cup light cream	$\frac{1}{8}$ teaspoon salt
Rind of 1 lemon	$\frac{1}{8}$ teaspoon pepper
2 ozs. butter	dash of cayenne
	$\frac{1}{2}$ teaspoon mace

Scald milk and cream with lemon rind, cut off thinly in one long strip. Melt butter and stir in flour; gradually stir in broth and cook 5 minutes, stirring until smooth and thickened. Add milk and cream, seasonings and ground nuts, and cook over boiling water 15 minutes, removing lemon rind when soup is flavoured. *(Approximate yield: 8 portions).*

## CREAM OF APPLES

Prepare 2 pints of thin cream sauce. Add to this 1 pint apple purée. Add a glass of cider, and serve very hot.

## CREAM OF APPLE SOUP WITH CURRY

Proceed as above, but instead of adding the cider, mix  $\frac{1}{2}$  teaspoon of curry with  $\frac{1}{2}$  cup of thin cream. Add to the soup, reheat (but do not boil) and serve. *(Yield: 8 portions).*

## CREAM OF ARTICHOKE

Make 3 quarts of very light stock veal or chicken broth, strain and add to it 4 whole artichokes. Boil until the artichokes are soft, then remove and separate the bottoms from the leaves, cut the bottoms in small squares, and place in soup tureen. Then pass the leaves through a fine sieve, and put back in the broth. Melt 3 ounces of butter in a pan, add 3 tablespoons of flour,

heat through, add the broth and boil for 10 minutes. Then add a cup of thick cream, bring to a boil, season well with salt and pepper, and strain over the cut-up artichoke bottoms in the tureen.

### CREAM OF ASPARAGUS

Clean and wash two bundles of asparagus, cut off the tips evenly about  $1\frac{1}{4}$  inches long and poach them very gently in water, and set aside in a warm place. Place all the stems in a pan with 3 pints white stock and cook till tender. Press all through a sieve. Return soup to pan and re-heat to almost boiling point.

Combine 8 ozs. cream or evaporated milk with 2 eggs, strain and add to soup, hold heat for 3 minutes, but do not allow to boil, or soup will curdle. Season to taste, adding asparagus tips just before serving. (*Yield: 8 portions*).

### CREAM OF BANANAS

Make 3 pints of Cream of Chicken soup, heat 6 bananas in it, and strain through a fine sieve. (*See Cream of Chicken*).

### CREAM OF BEET SOUP

2 pints chicken stock	1 pint hot milk
$1\frac{1}{4}$ lbs. beetroot, chopped fine	seasoning to taste
2 ozs. butter	$\frac{1}{2}$ cup cream or evap. milk
2 ozs. flour	1 egg

Cook beetroot in stock until tender, press all through a sieve to form a purée. Put back in pan and thicken with butter and flour well creamed together. Add milk and season to taste. Combine egg with cream and add just before serving, stirring well. Do not allow to boil once the cream is added. (*Yield: 8 portions*).

### CREAM OF CABBAGE SOUP

1 small head cabbage	1 oz. flour
1 pint boiling water	1 teaspoon salt
1 oz. butter	$\frac{1}{2}$ teaspoon pepper, dash
1 oz. minced onion	cayenne
	1 pint milk, scalded

Cut cabbage very fine, add boiling water and cook until soft, then press through a sieve and return to liquor. Melt butter, add onion and simmer for 3 minutes. Blend in flour, salt, pepper and cayenne. Add milk and cabbage mixture gradually, stirring constantly. Strain. Re-heat and serve hot garnished with cheese balls. (*Yield: 6 portions*).



## CREAM OF CARAWAY SOUP

Make a cream soup from white stock, using a 3 oz. roux to each  $\frac{1}{2}$  gallon of stock. Add  $\frac{1}{4}$  oz. caraway seeds to each  $\frac{1}{2}$  gallon of soup and simmer gently for  $1\frac{1}{2}$  hours. Strain and serve with croutons. (Yield: 8 portions).

## CREAM OF CARROT SOUP

1 lb. chopped carrots	2 ozs. butter
1 pint water	2 ozs. flour
1 oz. rice	$1\frac{1}{2}$ teaspoons salt
1 pint milk	$\frac{1}{8}$ teaspoon pepper
2 medium onions, sliced	chopped watercress

Cook carrots in water until tender. Combine rice and milk in the top of a double boiler and cook until tender. Combine carrot mixture with rice mixture. Sauté onions in butter until a light yellow, add flour, salt and pepper. Blend. Add carrot and rice mixture gradually and cook for 5 minutes, stirring constantly. Press through a sieve, re-heat and serve very hot, garnished with watercress. (Yield: 6 portions).

## CREAM OF CARROT AND POTATO SOUP

1 lb. potatoes	1 oz. butter
3 large carrots	1 oz. flour
1 onion	1 pint milk
salt and pepper	

Pare and slice potatoes, carrots and onion; boil in salted water to cover until very tender. Rub through a coarse sieve, saving the stock. Prepare a thin white sauce with butter, flour and milk, and add to vegetable pulp and stock. Re-heat, season and beat with a whisk. Garnish with a spoonful of whipped cream, if desired. (Yield: 6 portions).

## CREAM OF CAULIFLOWER SOUP

Put in a saucepan  $\frac{1}{2}$  onion, a little leek, a piece of butter the size of 2 eggs, and let simmer slowly. Add 1 cup of flour, simmer a little more. Put in the stems of cauliflower and 1 quart of milk, boil till done, and strain through sieve. Put in pot, add 1 gill of cream and piece of butter and stir well until butter is melted. Add salt and a little cayenne pepper. Cut the heart of the cauliflower in small flowers, boil in salt water until soft, and add before serving. (Yield: 6 portions).

## CREAM OF CELERY SOUP

1 root of celery	2 ozs. flour
4 pints veal stock	salt and pepper
2 ozs. butter	8 ozs. cream or evap. milk.

Dice outer stalks of celery and boil till tender in the veal stock. Add butter and flour previously well creamed together and stir till thick and smooth. Strain the soup, add the heart of celery cut in small dices and simmer till tender. Season to taste, add cream and serve. *(Yield: 8 portions).*

## CREAM OF CELERY SOUP WITH ALMONDS

Use celery instead of cauliflower, and prepare the same as Cream of Cauliflower. Add 2 ozs. flaked almonds to soup 5 minutes before serving.

## CREAM OF CELERY KALAMAZOO

Make 3 pints of Cream of Celery soup. Take two inside stalks of celery and cut in very small dices, boil, and use for garnishing, together with an equal amount of cheese balls. *(Yield: 8 portions).*

## CREAM OF CHEESE

1 pint milk	2 ozs. flour
1 pint white stock	3 ozs. grated cheese
1 oz. diced onion	1 egg, beaten light
2 ozs. butter	seasoning to taste

Scald milk, stock and onion in a double boiler. Thicken with the butter and flour creamed together. Season, stir in cheese and egg mixed with 4 ozs. milk, and serve at once. *(Yield: 6 portions).*

## CREAM OF CHESTNUTS

1 lb. chestnuts	1 oz. olive oil
1 pint chicken stock	1 oz. butter
1 pint milk	1 oz. cornflour
seasoning to taste	

Slit skins of chestnuts, drop into boiling water for 1 minute, drain and dry. Put into a pan with the oil and shake over heat for 3 or 4 minutes until shells and inner skins come off easily when rubbed. Simmer chestnuts in chicken stock until tender (25 to 30 minutes), and press through a sieve. Return purée to pan, add milk and season to taste. Thicken with the butter and cornflour creamed together. *(Yield: 6 portions).*

## CREAM OF CHICKEN

Take 6 pints of stock with which chickens have been boiled, and by rapid boiling reduce to only 3 pints. Or alternatively, break down 4 carcasses of any left-over chickens, cover with cold water, add 1 large sliced onion, 2 sliced carrots, 3 stalks of celery and a small bunch of parsley, bring to a boil, and simmer for 1½ hours. Strain, and continue boiling until stock is reduced to 3 pints.

To the boiling chicken stock, add 2 ozs. butter and 2 ozs. flour, previously well creamed together, and stir until thick and creamy. Reduce heat and add 8 ozs. cream or evaporated milk blended with 2 well beaten eggs. Season to taste, and serve.

Meat stripped from the chicken carcasses may be cut into small dice and added to the soup, as a garnish, with fried croûtons. (Yield: 8 portions).

## CREAM OF CHICKEN AND CELERY

To 3 pints Cream of Chicken soup add 8 ozs. sliced cooked celery heart.

## CREAM OF CHICKEN AND MUSHROOMS

To 3 pints Cream of Chicken soup add 4 ozs. sliced mushrooms sautéd.

## CREAM OF CHICKEN À LA REINE

Cream of Chicken served with small chicken quenelles.

(N.B. To make quenelles, see "*The Service and Garnishing of Soups.*")

## CREAM OF CHICKEN REINE HORTENSE

Make a Cream of Chicken soup in the usual way. Take a cup of peeled almonds to each quart of the soup, pound into a pulp in a mortar, pulverizing thoroughly; mix with milk, strain, and add to the soup.

## CREAM OF CHICORY

4 heads of chicory	2 ozs. butter
2 pints veal stock	2 ozs. flour
2 pints milk	salt and pepper
	pimiento

Wash chicory thoroughly. Place in a pan and cook until tender in the veal stock. Rub through a sieve and keep hot. Melt butter, blend in flour, salt and pepper, add milk and gradually cook 1 minute.



Add chicory mixture and heat to boiling. Draw the soup away from direct heat and add  $\frac{1}{2}$  pint thick cream.

Serve with diced pimiento. A dash of grated nutmeg may be added to the soup for those who like it. (Yield: 8 portions).

### CREAM OF GREEN CORN (I)

Soak 5 pounds of green corn in cold water overnight. Then put on fire in pot with  $\frac{1}{2}$  gallon of bouillon, and cook until soft. Then strain through a fine sieve, put back in pot, add 1 cup of boiling cream, and season with salt and a little cayenne pepper. Before serving, add 4 ounces of butter, and stir well until melted.

### CREAM OF GREEN CORN (II)

Put 2 pounds of veal bones in a pan, cover with cold water, bring to a boil, and cool off in cold water. Put the bones back in the vessel in from 3 to 4 pints of fresh water, add a little salt and a bouquet garni, bring to the boiling point, and skim. Cook for about 1 hour, then add 4 pounds ears of green corn and 1 pint of milk, and boil for 10 minutes. Then take out the ears, cut off the grains and chop very fine, or mash in a mortar. Heat 3 ounces of butter in a pan, then add 3 tablespoons of flour, and when heated add 2 quarts of the strained veal and corn stock. Bring to a boil, stirring well with a whisk. Let it boil slowly, add the corn, and cook for about 30 minutes. Strain through a fine sieve or cheesecloth, put back in the pan, season to taste with salt and a little cayenne pepper, stir in 2 ounces of butter, and serve hot.

(Yield: 8 portions).

### CREAM OF SWEET CORN

8 ears of young sweet corn	2 ozs. flour
3 pints cold water	1 pint hot milk
2 ozs. butter	pepper and salt
a little cream	

Slit grains and press out pulp with a rolling pin. Put cobs in a pan, cover with the water and bring slowly to boiling point, simmer 20 minutes and remove. Rub butter and flour to a creamy paste, stir into cob broth. Bring to boiling point, add milk and corn pulp, boil 20 minutes, add seasoning, and whip cream in at last moment.

A large glass of sherry will greatly improve this soup. (Yield: 8 portions).

### CREAM OF SWEET CORN AND MUSHROOMS

Proceed as for Cream of Sweet Corn, leave out the sherry, but add 4 ozs. sliced mushrooms sautéd.

## CREAM OF SWEET CORN AND ONIONS

Heat 2 ounces of butter in a pan; then add 2 tablespoons of flour, 1 quart of chicken broth, 6 sliced onions, and 6 grated ears of sweet corn. Season with salt and pepper, and boil for 1 hour. Then add 1 pint of milk, and boil again. Strain through a fine sieve, put back in pan, add 1 cup of sweet cream, bring nearly to a boil, and add 2 ounces of butter. When the butter is melted, serve. *(Yield: 8 portions).*

## CREAM OF CUCUMBER SOUP

4 cucumbers	2 ozs. flour
2 ozs. chopped celery	1 teaspoonful salt
1 oz. chopped onion	dash pepper
1½ pints milk	½ pint cream or evap. milk
2 ozs. butter	pimiento

Wash cucumbers, pare and chop fine. Place in a double boiler, add celery, onion and milk, cook for 20 minutes or until cucumber is tender. Combine butter, flour, salt and pepper, add milk mixture gradually and cook for 10 minutes, stirring constantly until thickened. Press through a sieve, add cream or evaporated milk and re-heat. Serve garnished with pimiento.

*(Yield: 8 portions).*

## CREAMED EGG SOUP

2 pints milk	1 oz. flour
3 eggs	salt, paprika
1 oz. butter	grated cheese

Heat milk in double boiler, add salt, and thicken with butter and flour well creamed together. Cook and stir well for 10 minutes, sprinkling in paprika while doing so. Beat eggs lightly, pour soup over while stirring all briskly and serve hot with grated cheese.

*(Yield: 5 portions).*

## CREAM OF ENDIVES

Prepare the same as cream of lettuce, using endives instead.

## CREAM OF FARINA

Boil ½ pound of farina in 1 quart of milk. When done, add 1 pint of well-seasoned chicken broth, and strain through a fine sieve. Put back in pot, add 2 ounces of butter and 1 cup of boiling cream. Season with salt and a little cayenne pepper.

## CREAM OF FARINA, LIÉ

Bring to a boil 1 pint of chicken broth, then let  $\frac{1}{2}$  pound of farina run into it; and cook for about 30 minutes. Then add 1 pint of boiling milk, season with salt and pepper, and boil again. Then pass through a sieve, put back in the pan, and bind with the yolks of 2 eggs mixed with a large cup of cream. Strain again. (Yield: 6 portions).

N.B. The word *lié* means a smooth; silky finish, as achieved by finishing off with the binding of cream and egg yolks.

## CREAM OF FLAGEOLET BEANS

Heat 3 ounces of butter in a pan, then add 3 tablespoonfuls of flour and heat through. Then add 1 pint of chicken broth, 1 pint of milk, and 2 cans of flageolet beans. Boil for 30 minutes, strain through a fine sieve, and put back in the pan. Bring to a boil, season with salt and cayenne pepper and a very little grated nutmeg. Then stir in a pint of boiling milk and 3 ounces of butter. Strain again, and serve. (Yield: 8 portions).

## CREAM OF FROGS' LEGS

Take the backs and front legs of two dozen frogs, reserving the hind legs for an entrée. Put in vessel with 2 quarts of bouillon or chicken broth, and boil for 30 minutes. Then take  $\frac{1}{2}$  pound of rice flour and mix with 1 pint of cream. Let it run into the boiling soup, and cook for 10 minutes. Strain through a fine colander, put back in the vessel, season with salt and a little cayenne pepper, and add 3 ounces of butter. Stir the soup so the butter will melt slowly. Serve croûtons soufflés separate. (Yield: 10 portions).

## CREAM OF LEEKS

2 lbs. leeks	2 ozs. butter
3 pints white stock	2 ozs. flour
1 pint hot milk	seasoning to taste

Wash and trim leeks, slice them thinly and cook in the stock until tender. Press all through a sieve and put back on the fire to boil. Thicken with the butter and flour well creamed together, season to taste, and lastly add the hot milk. (Yield: 10 portions).

## CREAM OF LETTUCE

Take the trimmings of 6 heads of lettuce, in volume about the same as 2 heads of lettuce, wash well and cut in small pieces. Take 2 quarts of chicken broth, or any kind of clear broth or stock, add the lettuce to it and boil for 30 minutes. Put in a separate vessel 4 ounces of butter, and heat; add 3 table-



spoons of flour and heat again; add the broth containing the lettuce and boil for 10 minutes. Make 1 pint of cream sauce, mix with the soup, and strain through a fine sieve. Put back in vessel, add 2 or 3 ounces of butter, and stir until the butter is melted. Season with salt and a little cayenne pepper.

*(Yield: 8 portions).*

### CREAM OF LIMA BEANS

Put in a vessel 2 ounces of butter and 1 leek cut in small pieces. Simmer for a few minutes, then add 2 ounces of flour and simmer again. When hot add 1 quart of milk and a can of Lima beans, or 1 pound of fresh beans. When soft strain through a fine sieve, put back in vessel, bring to a boil, and add 1 cup of thick cream and 2 ounces of butter. Stir well, and season with salt and pepper and a little cayenne pepper. In place of the cream, use half chicken broth, light bouillon, veal broth, or half stock and half milk, if desired.

*(Yield: 8 portions).*

### CREAM OF MUSHROOMS

8 ozs. mushrooms	2 ozs. butter
1 small onion, minced	2 ozs. flour
1½ pints milk	seasoning to taste
1 pint hot water.	½ pint cream or evap. milk

Peel and chop mushrooms. Add onion and water. Simmer for 40 to 45 minutes. Press all through a sieve. Scald the milk and add butter and flour, previously well creamed together, stirring until sauce is smooth and creamy. Add mushroom mixture and let boil up once. Add cream or evaporated milk just before serving. A richer soup is made with 1 pint chicken stock in place of water.

*(Yield: 6 portions).*

### CREAM OF MUSHROOM AND PEAS

To 2 pints Cream of Mushroom soup add ½ pint purée of peas. Add as a garnish 1 oz. sliced mushrooms sautéd and 1 oz. of freshly cooked green peas.

*(Yield: 6 portions).*

### CREAM OF MUSSELS

*(Recipe is given on page 103)*

### CREAM OF NEW BROCCOLI

Proceed as for Cream of Cauliflower, using fresh young Cornish broccoli in place of cauliflower.

## CREAM OF ONION SOUP

8 medium onions	1 teaspoon salt
2 ozs. butter	$\frac{1}{4}$ teaspoon pepper
2 ozs. flour	2 pints hot milk
1 oz. grated cheese	

Cut onions into slices, cover with boiling water, cook until tender and rub through a sieve. Melt butter, blend in flour, salt and pepper, add milk and onion purée gradually, stirring constantly. Heat to boiling and cook 3 minutes. Serve hot garnished with cheese. *(Yield: 6 portions).*

## CREAM OF OYSTERS

24 large oysters	$\frac{1}{4}$ pint fish stock
1 oz. butter	$\frac{1}{4}$ pint evaporated milk
1 oz. flour	seasoning to taste

Scald oysters in their own liquor. Remove, chop and pound them to a pulp. Make a roux with butter and flour, stir in oyster liquor and fish stock, cook till smooth. Add oyster pulp, season to taste. Add evaporated milk just before serving. *(Yield: 4 portions).*

## CREAM OF PARSNIPS (I)

Peel and slice 6 parsnips and put in vessel with 1 pint of chicken broth, boil, and when soft add 1 pint of cream sauce. Boil for 10 minutes and then pass through a fine sieve. Put back in vessel, add 1 cup of thick cream, season with salt and pepper, and add 2 ounces of butter before serving. *(Yield: 6 portions).*

## CREAM OF PARSNIPS (II)

Put 3 pounds of veal bones in a pan, add 3 quarts of water and a handful of salt, bring to a boil, and skim. Then add 6 sliced parsnips and a bouquet garni, and boil for an hour. Remove the bones and the bouquet. Put 3 ounces of butter in another vessel, heat, then add 3 tablespoons of flour, and when hot add the broth and parsnips. Boil for  $\frac{1}{2}$  hour, then strain through a fine sieve, put back in the pan, season with salt and pepper, and add a cup of boiling cream. *(Yield: 10 portions).*

## CREAM OF PEANUTS

Heat 3 pints of milk with one very small onion in a double boiler. When hot remove onion and stir in 6 ozs. peanut butter. Thicken with 1 oz. of cornflour mixed with a little cold milk, add seasoning to taste.

## CREAM OF PEAS

To 1 pint of shelled new peas add 1 pint of chicken broth, and boil until the peas are soft. Strain and return to pan and add 1 cup of hot cream, and, little by little, 1 large tablespoonful of butter. Season with salt and cayenne pepper. (Yield: 6 portions).

*(See also Split Pea Soup and Purée of Peas).*

## CREAM OF PEAS, SUZON

Make a cream of peas soup. Add 1 tablespoon of whipped cream for each person, and mix while hot. Put a poached egg on each plate and serve the soup over the eggs.

## CREAM OF PLAICE

*(Recipe is given on page 104)*

## CREAM OF POTATOES

Cook 1 lb. peeled potatoes in fresh boiling water into which add 1 bay leaf and a small onion sliced. When potatoes are done, take out and press through a fine sieve and keep hot. Make a cream sauce with 2 pints milk, 2 ozs. butter and 2 ozs. flour. Turn into potatoes and whip all over heat until smooth. Season to taste and serve very hot. (Yield: 8 portions).

## CREAM OF POTATOES AND LEEKS

Proceed as for Cream of Potatoes, but cook 1 lb. of leeks separately, press the leeks to a purée and add to cream at the same time as the potatoes.

## CREAM OF RICE

Melt in saucepan 2 ounces of butter, add  $\frac{1}{2}$  pound of rice flour, and when hot, 3 pints of chicken broth. Boil for 10 minutes and strain. Season with salt and cayenne pepper, and add 1 cup of hot cream and a small piece of butter before serving. (Yield: 6 portions).

## CREAM OF SALMON

*(Recipe is given on page 104)*

## CREAM OF SCALLOPS

12 scallops	1 oz. butter
2 pints milk	1 oz. flour



1 oz. minced onion  
seasoning to taste

$\frac{1}{2}$  bay leaf  
1 clove

$\frac{1}{2}$  cup evaporated milk

Chop scallops fine, put in saucepan with milk and seasoning. Simmer gently for 20 minutes. Strain and thicken with roux made with butter and flour. Add evaporated milk just before serving. (Yield: 6 portions).

### CREAM OF SEMOLINA

Proceed as for Cream of Rice, using semolina in place of rice.

### CREAM OF SPINACH

8 ozs. cooked spinach  
3 pints milk  
2 ozs. flour

2 ozs. butter  
yolk of 2 eggs  
juice of 1 lemon

seasoning to taste

Press spinach through a sieve with  $\frac{1}{4}$  pint spinach water. Make a creamy sauce with milk, butter, flour and seasoning. Add spinach purée to sauce and boil up once. Whip the yolks of egg and add lemon juice. Add to soup just before serving, being sure not to let soup boil once yolks are added.

(Yield: 8 portions).

### CREAM OF TAPIOCA

Proceed as for Cream of Chicken soup, but instead of using ordinary flour for thickening, use tapioca flour. Garnish with some small tapioca boiled separately.

### CREAM OF TOMATO

2 lbs. raw or canned tomatoes  
2 pints milk (heated)  
2 ozs. sugar  
1 oz. minced onion

2 ozs. butter  
2 ozs. flour  
 $\frac{1}{2}$  can condensed milk  
seasoning to taste

Add onion, seasonings and sugar to tomatoes, simmer 20 minutes, strain and keep hot. Cream butter and flour together in a pan, and while continuously stirring add milk gradually. Stir until sauce is smooth and creamy. Remove from heat, combine with the hot tomatoes, add  $\frac{1}{2}$  can condensed milk, and serve. (Yield: 8 portions).

### CREAM OF TOMATOES AND LENTILS

Proceed as for cream of tomatoes, but reduce tomatoes to 1 lb. and add to the soup 1 lb. purée of lentils. Blend well over heat and serve.

## CREAM OF TURBOT

*(Recipe is given on page 104)*

## CREAM OF TURKEY

Take 6 pints of stock with which a turkey has been boiled, and by rapid boiling reduce to only 3 pints. Or alternatively, break down a carcass of any left-over turkey, cover with cold water, add 1 large sliced onion, 2 sliced carrots, 3 stalks of celery and a small bunch of parsley, bring to a boil and simmer for 1½ hours. Strain, and continue boiling until stock is reduced to 3 pints.

To the boiling turkey stock, add 2 ozs. butter and 2 ozs. flour, previously well creamed together, and stir till thick and creamy. Reduce heat, and add 8 ozs. cream or condensed milk blended with 2 well beaten eggs. Season to taste and serve.

Meat stripped from the turkey carcass may be cut into small dice and added to the soup, as a garnish, with fried croûtons. *(Yield: 8 portions).*

## CREAM OF TURNIPS

2 lbs. white turnips	2 ozs. flour
2 pints milk (heated)	½ bay leaf
2 ozs. butter	½ can condensed milk
seasoning to taste	

Cook turnips till tender, strain and press through a sieve. Cream butter and flour together in a pan and while continuously stirring, add milk gradually. Stir until sauce is smooth and creamy. Remove from heat, combine with the turnips, season to taste, and add condensed milk just before serving.

*(Yield: 8 portions).*

## CREAM OF VEAL

6 pints veal stock	2 ozs. butter
1 sprig of thyme	2 ozs. flour
1 sprig of parsley	4 yolks of egg
1 sliced onion	8 ozs. cream or evap. milk
1 sliced carrot	seasoning to taste

Place stock in a pan with vegetables and herbs and reduce to 3 pints by rapid boiling. Add butter and flour, previously well creamed together. Stir well and constantly, till smooth and creamy. Season to taste. Combine egg yolks and cream, add to soup, and hold heat for 5 minutes, but on no account allow the soup to boil. Serve with fried croûtons. *(Yield: 8 portions).*

## CREAM OF VEGETABLE MARROW

Proceed as for Cream of Turnips, using 3 lbs. of vegetable marrow in place of turnips, and omit bay leaf.

## CREAM OF WATERCRESS

3 pints milk	2 ozs. flour
4 ozs. celery leaves	2 ozs. butter or margarine
2 ozs. onion slices	3 bunches watercress
salt and pepper to taste	

Heat celery and onion slices with milk and remove. To hot milk, add flour, butter, salt and pepper, which have been blended together. Cook 10 minutes. Add watercress, finely chopped. Heat thoroughly. Serve immediately. *(Yield: 8 portions).*

## CREAM OF WATERCRESS PARMENTIER

3 bunches watercress	4 tablespoons butter
6 ozs. leeks	3 pints water or veal stock
4 ozs. celery	seasoning to taste
12 ozs. potatoes	8 ozs. cream or condensed milk

Dice leeks, celery, potatoes and stems of watercress. Cook in butter for 5 minutes. Add the water (or veal stock) and salt, and cook slowly for 1 hour. Then put through a sieve. Add the leaves of watercress and let cook for 5 minutes longer. Add the cream and serve. *(Yield: 10 portions).*



## CRÈMES

## CRÈME AGNÈS SOREL

Prepare 3 pints of Cream of Chicken soup. Garnish with mushrooms, breast of chicken, slices of tongue, all cut julienne style. (*Yield: 8 portions*).

## CRÈME À LA LOUISE

See *Crème d'Orge*. Garnish the soup with quenelles of chicken in place of pearl barley.

## CRÈME À LA PALESTINE

Proceed as for making Cream of Potato soup, using Jerusalem artichokes instead of potatoes.

## CRÈME À LA POLONAISE

Make up a good Cream of Potato soup, garnish liberally with cooked macaroni cut in 1 inch lengths, and serve with grated cheese.

## CRÈME À L'ALGÉRIENNE

Boil 2 sweet potatoes, and force through a fine sieve. Add 2 quarts of Cream of Chicken soup. If too thick, add a little plain chicken broth, or boiling milk, season well, and strain. Before serving add 2 cups of boiled rice.

## CRÈME AMBASSADEUR

Prepare 3 pints Purée of Peas (*see page 143*), garnish with washed boiled rice, shredded lettuce, and sorrel. Just before serving add 8 ozs. cream or evaporated milk. (*Yield: 8 portions*).

### CRÈME AMÉRICAINE

An ideal soup for blending small left-overs. In this case, blend together one-third crayfish bisque, one-third Cream of Tomatoes, one-third Cream of Tapioca. Garnish the soup with diced crayfish.

### CRÈME BAGRATION

Cream of Chicken with small pieces of boiled macaroni served in it.

### CRÈME BONVALET

Prepare 3 pints Cream of Turnips, and garnish with green peas, haricot beans, and leeks cut julienne style.

### CRÈME BORELY

3 pints rich fish stock (hot)	8 ozs. cooked mussels
2 ozs. butter	seasoning to taste
2 ozs. flour	8 ozs. cream or evap. milk
2 eggs	

Cream butter and flour together in a pan, and while continuously stirring add hot fish stock gradually. Stir over heat until it is smooth and creamy. Remove from heat, add cream and eggs previously blended, then mussels. Taste for seasoning and serve.

A glass of good white wine will improve this soup. (*Yield: 8 portions*).

### CRÈME BOURDALOUE

Prepare a Cream of Rice with chicken stock, garnishing the soup with coloured royale (*which see*), (tomato red, spinach green, carrot pink, chicken white).

N. B.—For making royale, see Consommé Royale and the Service and Garnishing of Soups.

### CRÈME CAMBACÉRÈS

Break up some left-over pigeon carcasses, place in a pan and cover with cold water. Add a sliced onion, a sliced carrot and a sprig of thyme. Bring all to the boil and simmer for 1½ hours. Strain and season to taste, and blend with an equal amount of crayfish bisque.

### CRÈME CARDINAL

Pound the shells of 2 lobsters very fine, in a mortar. Then put in a pan with 3 ounces of butter, a sliced onion and carrot, 1 leek and a little celery, and simmer for 20 minutes. Take care that it does not burn, and simmer

slowly. Then add 3 ounces of flour, mix well, add 3 pints of milk, season well with salt and a little cayenne pepper, boil for  $\frac{1}{2}$  hour, and then strain through a fine sieve or cheesecloth. Return to the pan, bring to a boil, and bind with the yolks of 2 eggs and  $\frac{1}{2}$  cup of cream. Put in a soup tureen. Cut the tail of a lobster and 2 truffles in small dice, put them in a pan, season with salt and a little cayenne pepper, add a pony of good brandy and a pony of dry sherry, bring to a boil, and pour into the soup. (Yield: 10 portions).

### CRÈME CARMÉLITE

Bring 3 pints of good fish stock to the boil, and thicken with 2 ozs. butter and 2 ozs. flour, previously well creamed together. Add 8 ozs. cream or evaporated milk well blended with 2 eggs. Season to taste, and garnish with julienne of fillets of sole poached in white wine.

### CRÈME CARMEN

To 3 pints of Cream of Rice add  $\frac{1}{2}$  pint Tomato Purée (see page 146). Garnish with julienne of capsicums. Taste for seasoning and serve.

### CRÈME CAROLINE

Prepare a Cream of Almond Soup and garnish with strip almonds and plain royale. (For plain royale see *Consommé Royale*).

### CRÈME CÉRÈS

To 3 pints chicken stock add 1 lb. green wheat. Simmer for 1 hour, then press all through a fine sieve. Re-heat, and add 8 ozs. cream or evaporated milk, blended with 2 eggs. Do not allow to boil after the cream has been added. Add salt to taste and serve. (Yield: 8 portions).

### CRÈME CHAMPENOISE

To  $1\frac{1}{2}$  pints Cream of Potatoes add  $1\frac{1}{2}$  pints Cream of Celery. Add a garnish of carrots cut julienne style. Season to taste, and serve. (Yield: 8 portions).

### CRÈME CHANOINESSE

Proceed as for Crème Carmélite, but garnish with small cubes of blanched soft roes.



## CRÈME CHARTREUSE

Prepare 3 pints of Cream of Chicken, garnish with dice of tomato, foie gras and chopped mushrooms. Just before serving, add a dash of chopped chervil.

## CRÈME CHERVILLE

Cut up a young rabbit into small joints. Cover with cold water, add a sliced onion and one sliced carrot and a large sprig of parsley. Bring all to a boil and simmer for 2 hours. Strain, and return soup to the pan. Reduce the soup to 3 pints by rapid boiling, and add 2 ozs. butter and 2 ozs. flour previously well creamed together. Stir well till mixture thickens. Strip the meat from the rabbit bones, cut into small dice, and add to the soup. Add seasoning to taste and a glass of madeira wine just before serving. (Yield: 10 portions).

## CRÈME CHEVREUSE

Prepare a cream of semolina with chicken stock. Garnish with a julienne of truffles and chicken. Serve very hot.

## CRÈME CHOISY

Into 3 pints chicken stock add 1 large lettuce washed and shredded, and 1 sliced onion. Bring all to boil, simmer for 45 minutes and strain.

Return stock to pan and thicken with 2 ozs. flour and 2 ozs. butter previously well creamed together. Stir till thick and creamy. Add 8 ozs. cream or evaporated milk, mixed with 2 well-beaten eggs. Do not allow the soup to boil once the eggs are added. Garnish with fried croûtons and chopped chervil. (Yield: 8 portions).

## CRÈME COLOMBINE

Break up some left-over pigeon carcasses, place in a pan and cover with 4 pints cold water, add 1 sliced leek, 1 sliced carrot, a sprig of parsley and 2 dozen caraway seeds. Bring all to the boil and simmer for 2 hours. Strain and return stock to the pan.

Cream 2 ozs. butter with 2 ozs. flour, and add to boiling stock, stirring till it is thick and creamy. Season to taste, and add  $\frac{1}{2}$  pint cream or evaporated milk. Strip all meat from the pigeon carcasses and cut julienne style. Add to soup just before serving. (Yield: 8 portions).

## CRÈME COMTESSE

Prepare 3 pints of Cream of Chicken. Add to this 1 lb. Asparagus Purée (see page 141). Garnish the soup with asparagus tips and shredded sorrel. (Yield: 8 portions).

### CRÈME CONGALAISE

Add a teaspoonful of curry powder to a quart of Cream of Chicken soup.  
(Yield: 8 portions).

### CRÈME COUNTESS

Make a Cream of Asparagus soup, and before serving bind with the yolk of one egg for each person. Colour with green spinach colouring.

### CRÉCY À L'ANCIENNE

Prepare 3 pints Crécy soup, (See page 170). Garnish with well washed boiled rice and fried croûtons.  
(Yield: 8 portions).

### CRÉCY À LA BRIARDE

Prepare 3 pints Crécy soup (*which see*). Add 1 lb. creamed potatoes and blend well. Garnish the soup with shredded chervil and croûtons.  
(Yield: 8 portions).

### CRÈME CRESSONNIÈRE

Prepare 3 pints Cream of Potato soup, in which have been boiled the chopped stalks of watercress. Add 8 ozs. cream or evaporated milk and garnish with blanched leaves of watercress (2 bunches).  
(Yield: 8 portions).

### CRÈME DAME BLANCHE

Prepare 3 pints chicken soup. Add 2 ozs. small sago and cook till well gelatinised. Garnish with small dice of chicken.  
(Yield: 8 portions).

### CRÈME DANOISE

To 3 pints duck stock add 2 lb. peeled artichokes, cook till tender. Then press all through a sieve. Return soup to pan and season to taste. Blend 8 ozs. cream or evaporated milk with 2 well beaten eggs and add to soup, care being taken not to let the soup boil after cream is added. Add a glass of marsala wine and garnish the soup with mushrooms cut julienne style when serving.  
(Yield: 10 portions).

### CRÈME D'ARTOIS

Boil 1 lb. haricot beans in veal stock, with 1 sliced onion, till beans are tender. Press all through a sieve and return soup to pan. Add 2 ozs. butter and

2 ozs. flour previously well creamed together, and stir till thick and creamy. Garnish with brunoise of vegetables (*for which see Consommé Brunoise*).  
(Yield: 8 portions).

### CRÈME DAUPHINE

Half a pint of Cream of Chicken and  $\frac{1}{2}$  pint Purée of Potatoes (*see page 144*). Bind with the yolks of 2 eggs and  $\frac{1}{2}$  cup of cream.  
(Yield: 3 portions).

### CRÈME DERBY

Prepare 3 pints Crème Soubise (*page 93*), add 1 teaspoonful of curry, 2 ozs. washed boiled rice, and 1 large truffle chopped fine.  
(Yield: 8 portions).

### CRÈME DE VELOURS

Prepare as for Cream of Carrots, and use as a garnish some small tapioca.

### CRÈME DIANE

Break up the carcasses of 6 left-over partridges, and cover with 3 pints cold water. Add 1 small sliced onion, 1 sliced carrot, 2 stalks of celery, and a sprig of thyme. Bring all to the boil, and simmer for  $1\frac{1}{2}$  hours. Strain and return stock to pan. Add 2 ozs. butter and 2 ozs. flour previously well creamed together, and stir till thick and creamy. Season to taste and garnish with 1 large truffle cut julienne style. Just before serving add 1 glass of madeira wine.  
(Yield: 8 portions).

### CRÈME DIEPPOISE

To 3 pints of good fish stock add  $\frac{1}{2}$  lb. mussels with their juice,  $\frac{1}{4}$  lb. peeled shrimps, 1 large leek shredded fine, and 2 ozs. mushrooms cut julienne style. Simmer for 15 minutes and add 8 ozs. cream or evaporated milk blended with 3 well-beaten eggs. Stir gently over heat but do not let it boil. Add seasoning and serve.  
(Yield: 8 portions).

### CRÈME DIVETTE

To 3 pints of boiling fish stock add 2 ozs. butter and 2 ozs. flour previously well creamed together. Stir till thick and creamy. Garnish well with diced crayfish and 1 truffle cut julienne style. Just before serving add 8 ozs. cream or evaporated milk. Season lightly with salt and a very little pepper.  
(Yield: 8 portions).



### CRÈME D'ORGE

This is a Cream of Chicken soup, thickened with barley flour and well washed pearl barley used as a garnish, with small fried croûtons.

### CRÈME DORIA

Prepare 3 pints Cream of Cucumbers. Garnish with cucumber balls cut with a parisienne spoon and 2 ozs. well washed boiled rice.

*(Yield: 8 portions).*

### CRÈME DU BARRY

Proceed as for a Cream of Cauliflowers, using chicken stock. Add some chopped chervil just before serving.

### CRÈME ELISA

Garnish Cream of Chicken soup with shredded sorrel and chopped chervil.

### CRÈME ESAU

To 3 pints ham stock add 1½ lbs. lentils and 1 large sliced onion. Bring to the boil and simmer till lentils are soft. Press all through a sieve and return soup to pan. Blend 8 ozs. cream or evaporated milk with 2 well-beaten eggs and add to the soup, care being taken that the soup does not boil once the cream is added. Garnish with cooked rice.

*(Yield: 10 portions).*

*(See also Potage Esau)*

### CRÈME EXCELSIOR

Prepare 3 pints Cream of Chicken soup, using barley flour in place of wheat flour. Garnish the soup with 2 ozs. cooked washed barley and a few asparagus tips.

*(Yield: 8 portions).*

### CRÈME FANCHETTE

Cook 1 bundle of asparagus in 3 pints veal stock. When asparagus is tender press all through a sieve. Season to taste and add 8 ozs. cream or evaporated milk with 3 well-beaten eggs. Garnish the soup with young green peas, and lettuce leaves cut into fancy shapes with very small cutters.

*(Yield: 8 portions).*

### CRÈME FAVORITE

Here again, we get a blended soup which helps to use up those oddments. Blend together 1 pint Cream of Chicken soup, 1 pint Cream of Asparagus, and 1 pint Cream of Lettuce. Garnish the soup with asparagus tips and shredded sorrel.

(Yield: 8 portions).

### CRÈME GASCONNE

To 3 pints Cream of Chicken soup add  $\frac{1}{4}$  pint tomato purée. Heat well and season to taste. Garnish with slices of goose breast cut julienne style.

(Yield: 8 portions).

### CRÈME GEORGETTE

Prepare 3 pints of Cream of Artichokes. Add  $1\frac{1}{2}$  ozs. small sago and cook till sago is well gelatinised.

(Yield: 8 portions).

### CRÈME GERMINAL

To 3 pints Cream of Chicken add some chopped tarragon and garnish the soup with asparagus tips.

(Yield: 8 portions).

### CRÈME GOSFORD

Proceed as for Crème Fanchette. When the stock and asparagus purée have been returned to the pan, add 1 oz. very fine tapioca. Continue cooking till thick. Add seasoning, and 8 ozs. cream or evaporated milk just before serving.]

(Yield: 8 portions).

### CRÈME IDMA

To 3 pints Cream of Chicken soup add  $\frac{1}{2}$  oz. curry powder. Garnish the soup with asparagus tips.

(Yield: 8 portions).

### CRÈME IMPÉRIALE

Boil 2 ozs. very fine tapioca in 3 pints veal stock with 1 sliced onion, 1 sliced carrot and a sprig of parsley. When tapioca is cooked, strain the soup and return it to pan. Add seasoning and just before serving add a liaison of 8 ozs. cream or evaporated milk and 2 eggs. Garnish the soup with large sago.

(Yield: 8 portions).

### CRÈME INDIENNE

Bring to the boil 2 pints chicken stock, 1 pint coconut milk, 1 small sliced onion, 1 sliced carrot, and simmer for 30 minutes. Strain, and return stock to pan. Thicken with 2 ozs. flour creamed with 2 ozs. butter, stirring continuously till thick and creamy. Add 1 teaspoon of curry and a pinch of salt. Just before serving add 2 ozs. washed cooked rice as a garnish. A little cream may be added if desired. (Yield: 8 portions).

### CRÈME JACQUELINE

To 3 pints rich fish stock in which 1 sliced onion has been boiled, add 2 ozs. butter previously well creamed together. Stir constantly while soup thickens. Add seasonings, and a liberal garnish of cooked peas, asparagus tips and carrots cut julienne style. Prepare a liaison of 8 ozs. cream or evaporated milk and 2 eggs. Add just before serving, while soup is very hot but not boiling. (Yield: 8 portions).

### CRÈME JEAN-BART

Proceed as above, but for garnish add diced tomatoes, 1 leek cut julienne style and some macaroni cut in  $\frac{1}{4}$  inch pieces.

### CRÈME JOINVILLE

Proceed as for Crème Jacqueline, but for garnish add 4 ozs. crayfish, 2 ozs. truffles, 4 ozs. cooked mushrooms, all cut into very small dice.

### CRÈME JUANITA

Boil 2 ozs. ground rice in 3 pints chicken stock. Add seasonings and 8 ozs. cream or evaporated milk. Garnish the soup with chopped hard yolks of eggs and dice of tomatoes. (Yield: 8 portions).

### CRÈME JUBILÉE

To 3 pints Petite Marmite (page 195), add 1 pint Purée of Peas (page 143). Add a good variety of finely sliced cooked vegetables. (Yield: 10 portions).

### CRÈME LA VALLIÈRE

Blend  $1\frac{1}{2}$  pints Cream of Chicken soup with  $1\frac{1}{2}$  pints Cream of Celery. Garnish the soup with diced celery and cubed plain royale. (Yield: 8 portions).



### CRÈME LISON

Boil 2 ozs. ground rice, 3 stalks of celery, in 3 pints of chicken stock for 45 minutes. Then strain and return soup to pan. Add seasonings and a liaison of 8 ozs. cream or evaporated milk and 2 eggs. Garnish with small sago.

*(Yield: 8 portions).*

### CRÈME MAINTENON

Three parts Cream of Chicken soup, and one part thick Consommé Brunoise.

### CRÈME MARIE-LOUISE

Proceed as for Cream of Chicken, using barley flour in place of wheat flour. Garnish the soup with sliced beans, green peas, sliced young carrots and a little macaroni cut small.

### CRÈME MARIE-STUART

Proceed as for Crème Marie-Louise, but soup is garnished with carrot balls sautés.

### CRÈME MARQUISE

Garnish 3 pints of Cream of Chicken soup with 2 sliced bananas sprinkled with lemon juice, and a small cucumber cut into little balls with a vegetable scoop.

*(Yield: 8 portions).*

### CRÈME MATHURINE

To 3 pints rich sole stock add 1 sliced onion, 1 sliced carrot and a large sprig of parsley. Bring all to boil and thicken with 2 ozs. flour creamed with 2 ozs. butter. Stir till thick and creamy, simmer a further 10 minutes, then strain the soup and return it to the pan. Add seasonings, a little cooked flaked salmon and, just before serving, a liaison of 8 ozs. cream or evaporated milk and 2 eggs. At the very last moment, add the juice of 1 lemon.

*(Yield: 8 portions).*

### CRÈME MILANAISE

To 2 pints Cream of Chicken soup add 1 pint Cream of Tomatoes. Garnish the soup with ham, truffles and mushrooms, all cut julienne style, and some macaroni cut in small pieces.

*(Yield: 8 portions).*

### CRÈME MOGADOR

To 3 pints Cream of Chicken soup add 1 medium pot of Foie Gras Purée. Garnish the soup with slices of chicken breast, tongue and truffles, all cut julienne style. (Yield: 8 portions).

### CRÈME MONTESPAN

To 3 pints Cream of Asparagus add a liberal garnish of cooked tapioca and young green peas. (Yield: 8 portions).

### CRÈME MONTORGUEIL

A Cream of Chicken soup garnished with a julienne of vegetables, sliced sorrel and chopped chervil.

### CRÈME NELUSKO

To each 3 pints Cream of Chicken soup add 8 ozs. peanut butter. Garnish the soup with chopped almonds and diced chicken. (Yield: 8 portions).

### CRÈME NYMPHES

Proceed as for Crème Jacqueline, adding as garnish plain royale and frogs' legs cut into dice. A glass of chablis may be added if desired.

### CRÈME ORTIES

Wash 1 lb. fresh nettles and place in a pan with 3 pints veal stock, 1 sliced onion, 1 diced carrot. Bring to the boil and simmer till nettles are tender. Press all through a sieve and return soup to pan. Add seasoning, and liaison of 8 ozs. cream or evaporated milk and 3 eggs. Garnish the soup with fried croûtons. (Yield: 8 portions).

### CRÈME OSEILLE À L'AVOINE

To 3 pints veal stock add 3 ozs. rolled oats, 1 large sliced onion, 2 stalks of celery. Bring all to boil and simmer till oats are cooked. Force all through a sieve and return to pan. Add seasonings, and 8 ozs. cream or evaporated milk. Garnish the soup with blanched sorrel. (Yield: 8 portions).

### CRÈME PARISIENNE

Cream of Chicken and Cream of Chicory soups mixed. Serve bread cut in small squares and fried in butter.

## CRÈME PIERRE-LE-GRAND

Break down the carcasses of 4 hazel hens, place in a pan and cover with cold water, together with 1 sliced onion, 1 sliced carrot, 2 stalks of celery, and a bouquet garni. Bring all to the boil, and simmer for 1½ hours. Strain the stock and return it to the pan, re-boil, and add 2 ozs. flour and 2 ozs. butter previously well creamed together. Stir constantly till soup thickens and becomes creamy. Taste for seasoning. Add 8 ozs. cream or evaporated milk blended with 2 eggs, but do not allow soup to boil once the liaison is added. Garnish the soup with cooked mushrooms, carrots and celery, all cut julienne style. Just before serving, add a glass of vodka. (Yield: 8 portions).

## CRÈME PETIT-DUC

Proceed as for Pierre-le-Grand, but use 6 woodcock carcasses instead of the hazel hens. Garnish soup with dice of plain royale, adding a glass of brandy just before serving.

## CRÈME RÉGENCE

Prepare 3 pints of Cream of Chicken soup, thickened with barley flour instead of wheat flour. Garnish the soup with small dice of crayfish, cocks' combs, and a little pearl barley. (Yield: 8 portions).

## CRÈME REINE MAGADOUR

Prepare 3 pints of Cream of Chicken soup. Beat into this one large pot of Foie Gras Purée. Garnish with slices of ox tongue and chicken breast cut julienne style. Add a glass of kummel before serving. (Yield: 8 portions).

*Note.*—This soup should not be confused with Crème Mogador, which contains truffle but does not contain kummel.

## CRÈME SAINT-GERMAIN

Boil 3 lbs. fresh shelled garden peas in 3 pints of veal stock, to which add 1 shredded onion, salt and pepper. When peas are tender, press all through a very fine sieve till only the pea skins are left. Return the purée to pan and bring to boil.

Blend together 8 ozs. cream or evaporated milk with 2 well-beaten eggs. Remove soup from direct heat and add the liaison. Serve with tiny sprigs of fresh mint floating on the soup. Do not cook mint with the soup.

(Yield: 8 portions).



## CRÈME SAINT-HUBERT

To each 3 pints of rich mixed game stock, add 1 sliced leek, 1 sliced carrot, 2 stalks of celery, and a sprig of thyme. Bring to boil and simmer for 1½ hours. Strain stock and return to pan. Re-boil and add 2 ozs. flour well blended with 2 ozs. butter. Stir constantly till soup is thick and creamy. Season to taste. Add 8 ozs. cream or evaporated milk, blended with 2 well-beaten eggs. Remove from direct heat. Garnish with truffles and add a glass of brandy just before serving.  
(Yield: 8 portions).

## CRÈME SANTÉ

Prepare 3 pints Cream of Potato soup with veal stock. Garnish the soup with shredded sorrel and chopped chervil. Serve with thin crisp toast.  
(Yield: 8 portions).

## CRÈME SÉVIGNÉ

Blend together 1½ pints Cream of Chicken soup with 1½ pints Cream of Lettuce soup. Garnish with blanched shredded lettuce and very small dice of chicken.  
(Yield: 8 portions).

## CRÈME SICILIENNE

To each 2 pints Cream of Tomato soup add 1 pint chicken stock which has been thickened with tapioca flour. Add 4 ozs. cream or evaporated milk, and a garnish of cooked pearl sago.  
(Yield: 8 portions).

## CRÈME SOUBISE

Boil 3 lbs. sliced onions in 2 pints veal stock. When tender, press through a sieve. Return to pan, add salt and pepper, and bring to boil. Add 8 ozs. cream or evaporated milk blended with 2 well-beaten eggs. Remove soup from direct heat as soon as liaison is added. Serve at once.  
(Yield: 8 portions).

## CRÈME VELOUTÉ

To 2 pints of rich chicken stock add 8 ozs. cream or evaporated milk. Season to taste with salt, pepper, and celery salt.

Pour the boiling stock and cream on 6 well-beaten egg yolks, diluted with the same bulk of luke-warm chicken stock. Heat (but do not boil) and serve in cups.

*N. B.* To obtain 2 pints of *rich* chicken stock, 4 pints of ordinary chicken stock should be rapidly boiled till it is reduced to 2 pints, so concentrating the goodness of 4 pints of ordinary chicken stock into half its volume.

### CRÈME VICHYSOISSE

6 ozs. leeks, sliced	3 pints chicken stock
2 ozs. onions, sliced	salt and pepper
2 lbs. potatoes, sliced	2 ozs. butter
8 ozs. cream or evaporated milk	2 eggs

Cook the leeks and onions in the butter until soft, but do not brown. Then add the sliced potatoes and chicken stock, cooking for 30 minutes. Force all through a fine sieve. Season with salt and pepper. Blend cream and eggs and add to soup. Do not allow to boil once the cream is added. Just before serving, add a garnish of chopped chives, watercress and parsley.

This soup may be served cold, with finely chopped mint as a garnish added at least 10 minutes before serving. *(Yield: 8 portions).*

### CRÈME VIVIANE

Prepare 3 pints of rich Cream of Chicken soup. Garnish with dice of artichoke bottoms, truffles and carrots. *(Yield: 8 portions).*

### CRÈME WALDÈZE

Proceed as for Crème Sicilienne. Do not garnish with sago, but serve with finely grated cheese.

### CRÈME WASHINGTON

Prepare 3 pints of Cream of Sweet Corn. Garnish with a little fresh sweet corn. Add before serving 1 glass of whisky, 1 glass of port. *(Yield: 8 portions).*

### CRÈME WINDSOR

Prepare 3 pints of Cream of Rice with rich veal stock. Add a sprinkling of thyme, and garnish with calves' feet cut julienne style. Serve with chopped hard yolk of egg. *(Yield: 8 portions).*

### CRÈME XAVIER

Prepare 3 pints of Cream of Rice with rich full-flavoured chicken stock. Garnish with dice of plain royale and breast of chicken. *(Yield: 8 portions).*

## CRÈME ZINGARI

Cream of Veal soup, garnished with diced plain and tomato royale, together with very small dice of truffles.





## FISH SOUPS AND BISQUES

LET those who prefer a tasty nourishing soup, which is not fattening, choose from the very wide range of fish soups. One wonders why fish soups are not more popular, because in cooking fish invariably the fish stock, with all its nourishment, is thrown away! There is endless variety to choose from, the Bisques, Fish Stews, Cream Soups, and the clear broth of Court Bouillon, with all its possibilities.

That left-over cold fish can invariably be turned into a rich cream of fish soup; and even the humble can of salmon can be made to go all the further when turned into a Cream of Salmon soup.

Nowadays, nearly any thickened fish soup is called a *bisque*, owing to lack of the correct teaching. Originally, the shells of the particular fish were pounded in a mortar, to obtain the reddened colour of the bisque. Way back in the very early days of French cookery, these soups contained *bisets* (or wood pigeon). The bird has since flown, but the shell fish remains.

As for the ever-popular Bouillabaisse, Thackeray has sung its praises:

*This Bouillabaisse a noble dish is,  
A sort of soup, or broth, or stew,  
Or hotchpotch of all sorts of fishes,  
That Greenwich never could outdo;  
Green herbs, red peppers, mussels, saffron,  
Soles, onions, garlic, roach and dace  
All these you eat at Errl's tavern,  
In that one dish of bouillabaisse.*

This is not a very complete recipe for such a noble fish stew—probably because of the limitations of rhyme.

In all cases where clams are featured large mussels will do, if needs must, where fresh or canned clams are unobtainable.

## BISQUE OF CRAB

1 large cock crab  
1 pint cold water

1 teaspoon salt  
dash of pepper

2 ozs. butter  
2 ozs. flour

dash of cayenne  
2 pints milk

Remove meat from freshly cooked crab. Place claws and shell into pan with cold water. Simmer for 20 minutes. Strain. Melt butter, add flour, salt and pepper. Add scalded milk gradually, stirring constantly. Cook 3 minutes. Add crab liquid. Then add crab meat cut in dice. Serve with croûtons.

(Yield: 8 portions).

### BISQUE OF CRAB AND TOMATO

2 ozs. butter  
2 ozs. flour  
2 pints milk

$\frac{1}{2}$  teaspoon salt  
 $\frac{1}{8}$  teaspoon pepper  
8 ozs. flaked crab meat

1 pint tomato juice

Melt butter in the top of a double boiler and add flour and blend. Add milk gradually and cook until thickened. Add seasonings and crab meat. A few minutes before serving heat tomato juice in another pan. When hot, and ready to serve, add tomato juice gradually to first mixture. Serve immediately.

(Yield: 8 portions).

### BISQUE OF CRAYFISH

See Bisque of Lobster (*below*), using crayfish.

### BISQUE OF LOBSTER

1 large (2 $\frac{1}{2}$  lb.) lobster, boiled  
1 pint cold water  
1 quart milk

2 ozs. butter  
2 ozs. flour  
1 teaspoon salt

paprika

Remove meat from shell and cut in cubes; break body and claws, cover with cold water, bring slowly to a boil and simmer  $\frac{1}{2}$  hour; drain, add stock to milk and scald. Melt 2 ozs. butter and stir in flour; gradually stir in hot liquid and cook 5 minutes, stirring until smooth and thickened. Add seasonings and lobster meat, and heat thoroughly.

(Approximate yield: 6 portions).

### BISQUE OF MUSSELS

Clean well 3 pints of mussels. Cook them in a little water with a sliced onion, a crushed clove of garlic, and 1 large bay leaf. Drain off liquor and reduce to  $\frac{1}{2}$  pint; combine with 2 pints of milk, scald, and thicken with 2 ozs. butter and 2 ozs. flour previously well creamed together. Add mussels removed from shells and free from beard. Colour with saffron and add a large glass of white wine. Serve with a flick of freshly chopped parsley.

(Yield: 8 portions).

## BISQUE NORMANDE

This is really a Bisque of Shrimps. A plentiful garnish of small shrimps is added.

## BISQUE OF OYSTERS

Place 24 oysters in a pan and barely cover with water; bring to the boil. Take out the oysters (saving the liquor), pull off the beards and hard muscles. Place the hard muscles in a pan with 2 whiting cut up, 1 carrot, 2 stalks of celery, a blade of mace and a sprig of thyme. Boil all together in 2 quarts of rich fish stock, adding a glass of white wine. Simmer for an hour; then strain, and thicken with a little white roux (about 3 ozs.). Season, and add 1 pint of cream and a little lemon juice. Pour on to the fleshy parts of the oysters, which have been kept back for the purpose. (Yield: 8 portions).

## BISQUE OF PRAWNS

8 ozs. cooked prawns	1 oz. minced onion
2 ozs. butter	1 oz. diced carrot
2 ozs. flour	2 ozs. diced celery
1 cup sauterne wine	2 ozs. chopped mushroom
salt and cayenne pepper	1 pint fish stock
	1 pint milk

Shell and clean prawns and chop fine. Melt butter, add prawns and vegetables, and cook slowly for 5 minutes. Add stock and milk and boil till tender (about 20 minutes). Put through a sieve and thicken with flour mixed with a little milk. Season to taste, add sauterne, and serve. (Yield: 8 portions).

## BISQUE OF SALMON

2 ozs. butter	2 pints scalded milk
2-ozs. flour	8 ozs. canned or fresh cooked
1 small onion, minced	salmon
2 teaspoons salt	2 ozs. cooked peas
½ teaspoon pepper	whipped cream

Melt butter, add onion and simmer 5 minutes; do not brown. Blend in flour, salt and pepper, add milk gradually, stirring constantly. Heat to boiling and cook 3 minutes. Remove skin and bone from salmon and rub through a sieve with peas. Add to milk mixture, re-heat and serve at once, garnished with whipped cream. (Yield: 6 portions).

## BISQUE OF SHRIMPS

See Bisque of Prawns, substituting shrimps. Three pints will yield 8 portions.



## BISQUE OF TOMATO (Mock)

2 pints milk	2 teaspoons sugar
2 ozs. dry breadcrumbs	sprig of parsley
1 pt. fresh or canned tomatoes	$\frac{1}{4}$ bay leaf
$\frac{1}{2}$ onion	$\frac{1}{2}$ teaspoon salt
2 cloves	$\frac{1}{8}$ teaspoon pepper
2 ozs. butter	

Scald milk with breadcrumbs. Cook tomatoes with onion, cloves, sugar, parsley, bay leaf, salt, pepper and butter for 15 minutes. Force through a sieve. Add tomatoes to milk and serve at once with croûtons or crisp cracker biscuits. (Yield: 8 portions).

## BISQUE OF TUNA AND TOMATO

1 can tuna fish	2 ozs. butter
2 tablespoons minced parsley	2 ozs. flour
2 ozs. diced onion	$1\frac{1}{2}$ teaspoons salt
$\frac{1}{2}$ pint cooked tomatoes	dash cayenne
1 pint water	2 pints milk

Shred tuna, add oil from tuna, parsley, onion, tomatoes and water. Heat to boiling and simmer 20 minutes. Strain. Blend butter, flour, salt and cayenne; add milk gradually, stirring constantly and cook until smooth and thickened. Add tuna mixture, blend and serve at once. (Yield: 8 portions).

## BOUILLABAISSÉ

Bouillabaisse in its home fishing port of Marseilles was originally a fisherman's soupy fish stew made from the undersized and less desirable creatures out of the nets, not worth taking to market—the smallest lobsters, useless crabs, conger eel, rock fish, little John Dorys, mullet, and a number of miscellaneous Mediterranean fish. The greater the variety, the better the bouillabaisse.

The fish are put into boiling water with herbs, minced garlic and onion, and tomato purée, and, as the Provençal word indicates, *boul abaisso*—"boil up and stop"; they are cooked only about 10 minutes. They are finished off with a pinch of saffron to make the broth yellow. Bouillabaisse is not successful when made in small quantities, as the bigger the quantity, the greater the variety of fish that can be used. Recipes follow:

## CRÉOLE BOUILLABAISSÉ

1 lb. red snapper (in slices)	3 cloves of garlic
1 lb. red fish (in slices)	1 small lemon (very thinly sliced)

½ lb. tomatoes	3 bay leaves
½ lb. onions, sliced	parsley, in sprigs, 3
herb bouquet	thyme, in sprigs, 3
3 glasses white wine	a little allspice
3 tablespoons olive oil	salt, pepper, cayenne
	pinch of saffron

Boil the head of red snapper in 2 to 3 pints cold water with herb bouquet, 1 sliced onion, continue boiling till liquid is reduced to no more than 1 pint. Strain, and put aside.

Mince all herbs, garlic and allspice very fine. Salt and pepper fish slices and rub herb mixture into them. Heat oil and ½ lb. sliced onions, lay in fish slices, cover closely and cook gently 10 minutes, turning the slices to cook both sides. Take up the fish, add tomatoes, wine and sliced lemon and strained fish liquor to pan, season, and bring all to boil. Now lay in the fish slices, add saffron, simmer a further 5 minutes, and serve. *(Yield: 8 portions).*

### LANDLUBBER'S BOUILLABAISSE

Melt 4 ozs. butter in a pan, add 8 ozs. each chopped spinach, leeks, potatoes, and cook without browning until soft. Then add 3 pints boiling water. Season to taste, add a sprig each of parsley, thyme and fennel and ½ teaspoon powdered saffron. Cover all and simmer for 45 minutes. Then add an 8 oz. can of lobster, bring to boiling point, and finally poach 1 egg in the soup for each person. Four ounces of cooked tomato may be added when soup is half cooked, if it is desired to change the colour from yellow to orange.

*(Yield: 8 portions).*

### BOUILLABAISSE MARSEILLAISE

This is a name given to any bouillabaisse when it is required to convey that the soup is really a good rich fish stew, made to the nearest approach to bouillabaisse as made at Marseilles.

### BAKED OYSTER SOUP

3 pints rich milk	12 salted cracker biscuits, crushed
1 ozs. butter	salt and pepper
1 stalk celery, diced	3 dozen oysters

Bring milk to a boil. Add butter, celery and cracker crumbs. Season with salt and pepper. Drop in the oysters, 2 or 3 at a time, and as soon as the milk is almost ready to boil again pour into a large casserole and put in the oven. Let brown. Stir under, and brown again until the dish has become a golden brown three times. Serve immediately. *(Yield: 6 portions).*

*N.B. Other oyster soup recipes are given on pages 108 and 109.*

## BOSTON OYSTER CHOWDER

36 oysters (small)	1 oz. flour
6 potatoes, sliced thin	1½ teaspoons salt
1 onion, sliced thin	½ teaspoon pepper
½ pint water	2 pints milk
1 oz. butter	3 cream crackers

Drain oysters and remove any particles of shell. Strain liquor through a fine wire sieve. Boil potatoes and onion in oyster liquor and water until tender, but not mushy. Melt butter, blend in flour, salt and pepper, add milk gradually, stirring constantly. Add oysters and cook 2 minutes. Combine with potatoes and onion and liquor in which they have been cooked. Add additional seasoning if necessary. Place cream crackers in the hot tureen. Pour chowder over them and serve. *(Yield: 6 portions).*

*N.B.—Other fish chowder in earlier section, page 59 et seq.*

## SOFT CLAM SOUP, SALEM

Remove the bellies from 2 dozen clams and put the remainder, with their juice, in a casserole. Add 2 pints of water, a bouquet garni, and some salt; bring to a boil, and strain over the clam bellies, which have been placed in a vessel. Bring to a boil again and add 1 pint of thick cream and 2 ounces of butter. When butter is melted, season with salt and a little cayenne pepper, and serve in a tureen. Serve broken crackers separately.

## CODFISH SOUP

See Cod's Head Soup, using 2 lbs. flaked cod fish in place of the cod's head.

## COD'S HEAD SOUP

2 ozs. butter	thyme, salt and pepper
4 ozs. chopped onion	1 large cod's head
2 ozs. flour	6 ozs. sliced tomatoes
1 teaspoon curry powder	1 bay leaf
	2 sprigs parsley

Fry onion to a golden brown in butter, add flour mixed with curry and put in cod's head. Cover with water, add tomatoes and herbs, and simmer gently for 2 or 3 hours. Strain through a fine sieve, season to taste and serve with fried croûtons. This is a really economical soup.

## COURT BOUILLON

4 lbs. white fish (bones, heads or trimmings)	1 stalk celery, chopped
	6 peppercorns



1 grated carrot  
1 grated onion

1 bay leaf  
2 large sprigs parsley

Salt to taste

Place all ingredients in a pan and cover well with cold water. Bring to the boil and simmer 45 minutes. Strain through a fine sieve and use as required. White wine may be added.

### CHILLED COURT BOUILLON

1 pint court bouillon (rich fish stock)	pinch of pepper
4 ozs. shredded cooked fish (pike, bass, trout or salmon)	dash of Worcestershire sauce
1 oz. grated onion	3 drops tabasco sauce
pinch of salt	2 tablespoons lemon juice
	watercress
	whipped cream

Combine all ingredients except the garnish and chill until firm. Break up with a fork and serve in chilled bouillon cups. Garnish with watercress and whipped cream. *(Yield: 4 portions).*

**JELLIED:** Soften 2 teaspoons powdered gelatine in  $\frac{1}{4}$  cup of court bouillon 5 minutes. Heat remaining bouillon to boiling, add gelatine and stir until dissolved. Chill. Use shredded crab, lobster or shrimp, instead of fish.

### CRÉOLE COURT BOUILLON (Chilled)

2 ozs. butter	$\frac{1}{2}$ clove garlic, minced
2 ozs. flour	3 cloves, 1 sprig thyme
1 lb. fish, flaked	2 bay leaves
2 ozs. tomatoes	juice of 1 lemon
2 pints water	1 teaspoon salt
1 green pepper, chopped	$\frac{1}{2}$ teaspoon pepper
1 small onion, grated	$\frac{1}{2}$ teaspoon cayenne
	dash of tabasco sauce

Melt fat, add flour and brown slightly. Add remaining ingredients, bring to the boil, and simmer for 45 minutes. Strain, chill and serve.

*(Yield: 8 portions).*

### CRAB CHOWDER

See recipe on page 62. Three ozs. salt pork may be substituted for the three slices unsmoked bacon therein.

### CRAYFISH SOUP SUPRÊME

Take equal parts of Cream of Asparagus soup and Cream of Mushroom soup ( $1\frac{1}{2}$  pints of each). Place them in a pan with 1 can of crayfish or 8 ozs.

diced fresh crayfish (free from all bones). Bring all to the boil and add 1 glass of sherry just before serving. *(Yield: 8 portions).*

### CREAM OF HALIBUT SOUP

8 ozs. cooked halibut	1 oz. butter
2 pints milk (or 1 pint milk and 1 pint halibut stock)	1 oz. flour
1 slice of onion	pinch of pepper
	1 teaspoon salt
1 teaspoon lemon juice	

Flake the halibut, remove skin and bones, and rub through a coarse sieve. Heat milk and onion to scalding, remove onion. Melt butter, blend in flour, pepper and salt; add milk gradually, stirring constantly. Add halibut, and cook until smooth and slightly thickened. It is best to prepare the soup in a double boiler, but it can be made over direct heat if care is taken not to scorch or boil. *(Yield: 6 portions).*

### CREAM OF MUSSELS

8 ozs. cooked mussels (very finely chopped)	1 slice of onion
2 pints milk (or half milk and half fish stock)	1 oz. butter
	1 oz. flour
	pinch of pepper
1 teaspoon salt	

Heat milk and onion to scalding, remove onion. Melt butter, blend in flour, pepper and salt; add milk gradually, stirring constantly. Add mussels, and cook until smooth and slightly thickened. It is best to prepare the soup in a double boiler, but it can be made over direct heat if care is taken not to scorch or boil. *(Yield: 6 portions).*

### CREAM OF PLAICE

12 ozs. cooked plaice (white skin side)	1 oz. butter
2 pints milk (or half milk and half plaice stock)	1 oz. flour
1 slice onion	pinch of pepper
	1 teaspoon salt
	chopped fennel

Flake the plaice, remove skin and bones, and rub through a coarse sieve. Heat milk and onion to scalding, remove onion. Melt butter, blend in flour, pepper, and salt; add milk gradually, stirring constantly. Add plaice, and cook until smooth and slightly thickened. It is best to prepare the soup in a double boiler, but it can be made over direct heat if care is taken not to scorch or boil. Fennel should be added last. *(Yield: 6 portions).*

## CREAM OF SALMON

8 ozs. salmon (fresh cooked)	1 oz. butter
2 pints milk (or half milk and half salmon stock)	1 oz. flour
1 slice of onion	pinch of pepper
	1 teaspoon salt

Flake salmon, remove skin and bones and rub through a coarse sieve. Heat milk and onion to scalding, remove onion. Melt butter, blend in flour, pepper, and salt; add milk gradually, stirring constantly. Add salmon, and cook until smooth and slightly thickened. It is best to prepare the soup in a double boiler, but it can be made over direct heat if care is taken not to scorch or boil. 1 teaspoon of lemon juice may be added if desired. (*Yield: 6 portions*).

## CREAM OF TURBOT

12 ozs. turbot (freshly cooked)	1 oz. butter
2 pints milk (or half milk and half turbot stock)	1 oz. flour
1 slice of onion	pinch of pepper
	1 teaspoon salt
chopped fennel	

Flake the turbot, remove skin and bones, and rub through a coarse sieve. Heat milk and onion scalding, remove onion. Melt butter, blend in flour, pepper, and salt; add milk gradually, stirring constantly. Add turbot, and cook until smooth and slightly thickened. It is best to prepare the soup in a double boiler, but it can be made over direct heat if care is taken not to scorch or boil. Fennel should be added last. (*Yield: 6 portions*).

## DUBLIN PRAWN SOUP

3 pints court bouillon	2 ozs. flour
24 Dublin prawns	2 eggs
4 ozs. butter	8 ozs. cream or evaporated milk
1 dessert-spoon chopped parsley and seasoning	

Shell prawns and pound them to a paste in a mortar with 2 ozs. of the butter. Bring court bouillon to the boil, add butter and flour previously well creamed together, and stir till thick and creamy. Work in prawn paste a little at a time. Blend well and draw soup away from direct heat. Blend eggs and cream together, add to soup and serve at once with finely chopped parsley. (*Yield: 8 portions*).

## EEL SOUP

Skin and cut up in small pieces 2 lbs. of eel, sprinkle with salt and set aside for 1 hour. Rinse the eel and boil in 3 pints of court bouillon for 20 minutes, or until done. Season to taste. Just before serving, add 4 yolks of egg beaten



with  $\frac{1}{2}$  pint of fish stock. Stir well till thickened, but on no account allow the soup to boil once the yolks are added. (Yield: 8 portions).

### FISH MULLIGAN

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 1 lb. any firm lean fish          | 1 oz. uncooked rice             |
| 4 large potatoes                  | 2 green peppers, diced          |
| 2 large onions                    | 2 ozs. diced bacon or salt pork |
| 3 pints hot water (or fish stock) | 2 tablespoons minced parsley    |
| salt and pepper                   |                                 |

Cut fish into chunks, slice potatoes and onions  $\frac{1}{2}$  inch thick. Place in a pan, add water and bring to a boil. Add rice, green peppers, bacon or salt pork. Simmer about 30 minutes or until tender. Add parsley and a few small slices of dry bread. Left-over vegetables, such as beans or peas, may be added. Season to taste. Bring to a boil. (Yield: 8 portions).

### FISH POTAGE

- |                            |                                 |
|----------------------------|---------------------------------|
| 1 onion (grated)           | 3 pints seasoned court bouillon |
| 2 ozs. tomatoes (pulped)   | 1 oz. butter                    |
| 6 ozs. white fish (flaked) | 2 eggs                          |
| 6 oysters (chopped)        | 8 ozs. cream or evaporated milk |

Simmer onion in butter till golden brown. Add tomatoes, flaked fish, oysters and court bouillon. Simmer all till fish is a pulp. Press all through a sieve. Return to pan, and bring to a boil. Remove from heat. Beat together eggs and cream and add to soup. Heat for a moment till soup thickens, but do not let it boil. Serve with toast. (Yield: 8 portions).

### FISH PURÉE

- |                       |                               |
|-----------------------|-------------------------------|
| 1 small onion, minced | 2 teaspoons salt              |
| 2 pints milk          | $\frac{1}{2}$ teaspoon pepper |
| 2 ozs. butter         | 1 lb. cooked fish (cod, hake  |
| 2 ozs. flour          | or the like)                  |
| dash of paprika       |                               |

Scald minced onion in milk. Melt butter, blend in flour, salt and pepper, add milk gradually, stirring constantly. Force fish through a sieve and add to sauce. Serve hot, garnish with paprika. (Yield: 6 portions).

### FISH SOUP

- |                                    |                              |
|------------------------------------|------------------------------|
| 1 lb. white fish (cod, hake        | 1 pint milk                  |
| or haddock)                        | 1 pint water (or fish stock) |
| $\frac{1}{2}$ lb. potatoes, sliced | 1 oz. butter                 |
| 1 onion grated                     | seasoning to taste           |

Cut fish into neat pieces. Melt butter in a pan, put in vegetables and toss lightly over fire for a few minutes. Then add the fish and water, and cook slowly till tender. Rub the soup through a sieve, return to the pan, add the milk and seasoning. Boil up again and serve. A little chopped parsley will improve the soup if added just before serving. (Yield: 6 portions).

### FISH AND POTATO CHOWDER

- |                 |                               |
|-----------------|-------------------------------|
| 1 lb. haddock   | 1 can evaporated milk         |
| 5 potatoes      | 2 pints water (or fish stock) |
| 1 onion, sliced | 2 ozs. butter                 |
| salt and pepper |                               |

Wash haddock; cut into small pieces. Pare potatoes, cut into small pieces and boil 5 minutes. Add sliced onion and fish. Cook until fish is done, about 20 minutes. Add milk, water (or stock) and butter. Season with salt and pepper. Heat. (Yield: 6 portions)

### FROG SOUP (Frog Soup à l'Italienne)

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 10 pairs frogs' legs, skinned | 1 pear, sliced                    |
| 1 turnip, grated              | 2 pints warm water                |
| 1 small head lettuce, chopped | $\frac{1}{4}$ oz. chopped parsley |
| a little salt                 |                                   |

Put all ingredients together in a pan, bring to boiling point, and simmer for 45 minutes. Thicken with sifted breadcrumbs.

Tomatoes or garlic may be added sparingly to add flavour à l'Italienne.

### HADDOCK SOUP

See Fish Soup. Use 1 lb. of haddock, and a good fish stock.

### HAMBURG EEL SOUP

- |                                  |                               |
|----------------------------------|-------------------------------|
| 1 $\frac{1}{2}$ lb. neck of beef | 1 large turnip                |
| 1 lb. of eel                     | sage (a pinch)                |
| $\frac{1}{2}$ lb. pears          | tarragon (a pinch)            |
| 2 egg yolks                      | thyme (a pinch)               |
| seasoning                        | $\frac{1}{2}$ lb. sorrel      |
| 1 onion, sliced                  | $\frac{1}{2}$ lb. green peas  |
| 2 small carrots, sliced          | $\frac{1}{2}$ lb. cauliflower |
| 1 glass white wine               |                               |

Skin and bone eel, cut in small pieces, sprinkle with salt and let it stand for 1 or 2 hours. Cut beef into small cubes, put in saucepan and cover with 3 pints water. Bring to the boil and skim. Add turnip, carrot, sorrel and

herbs and seasonings, and simmer for 1½ to 2 hours. Add the peas and cauliflower. Boil till peas and cauliflower are tender.

Put eel in a saucepan, cover with water and sliced onion and salt and pepper, bring to boil and simmer for 15 minutes, or until eel is tender. Remove the pieces of eel, strain the stock into the meat stock and simmer another 10 minutes.

Just before serving, add the sliced pears cooked in white wine, and the 2 yolks of egg well whisked with an equal volume of stock. (*Yield: 8 portions*).

### LOBSTER SOUP

1 large lobster	2 ozs. butter
2 pints good fish stock	2 ozs. flour
1 pint milk	2 sprigs thyme
2 stalks, celery, diced	2 sprigs parsley
1 onion, minced	1 small carrot

Melt butter and fry vegetables till a light brown, add flour, and then slowly add the stock. Shell lobster and add broken shell to soup and simmer ½ hour with herbs. Meanwhile, dice lobster meat and heat in the milk. Strain soup into lobster and milk, blend well, and serve. A little anchovy essence may be added if desired. (*Yield: 8 portions*).

### LOBSTER SOUP SUPRÊME

Combine 1½ pints Cream of Asparagus soup with 1½ pints Cream of Mushroom soup. Add to this 8 ozs. diced fresh lobster. Heat, but do not boil the soup. Add one glass of sherry just before serving.

The above description is a quick and easy way to prepare this soup when small quantities of the two soups are ready and at hand. The longer process would be to take the ingredients given for these two soups and prepare them first, adding the lobster at the right stage. (*Yield: 8 portions*).

### LOBSTER STEW

2 ozs. butter	salt, pepper
2 ozs. flour	½ teaspoon sugar
2 pints milk (in which pounded lobster shell has been cooked)	8 ozs. lobster meat
	2 egg yolks—if desired

Melt butter, add flour, stirring well until smooth. Add milk gradually. Cook for 10 minutes, stirring constantly. Remove from heat. Season. Add lobster meat cut into small pieces. The stew should have the consistency of a fairly thick white sauce. Egg yolk added to the stew just before serving gives a nice colour and richer flavour. The stew must not boil after the yolk has been added. (*Yield: 6 portions*).



## MUSSEL SOUP

1 qt. fresh mussels	2 ozs. rice
1 onion, grated	2 ozs. vermicelli
1 bleached leek, shredded	2 ozs. chopped tomato
1 bay leaf	pinch of saffron
1 oz. butter	salt and pepper

Put mussels in a pan and cover with water, add onion and bay leaf. Bring to boil and simmer for a few minutes till shells open, then strain off the liquid and save. Remove mussels from shells. Put butter in a pan and when hot add leek and cook till brown. Add the water in which the mussels were cooked, add rice and saffron, and cook 15 minutes. Then add vermicelli, and cook a further 15 minutes, or until tender. Add mussels and tomato to soup a few minutes before serving. Taste for seasoning and serve. (*Yield: 6 portions*).

## OYSTER SOUP

24 cooking oysters	1 pint milk (scalded)
$\frac{1}{2}$ pint hot water	1 oz. butter
seasoning to taste	

Drain liquor from oysters, add it to water with a pinch of salt and pepper. Bring all to the boil, add oysters and cook until oysters ruffle at edges, but no more than 5 minutes. Then add hot milk. Add butter, season to taste and serve at once, with cracker biscuits. (*Yield: 4 portions*).

## OYSTER SOUP (Creole)

36 cooking oysters	1 onion (grated)
2 ozs. butter	teaspoon of minced parsley
1 oz. flour	1 pint water (boiling)
salt and pepper to taste	

Melt half the butter in a pan, add flour, and cook till the roux is brown, stirring constantly to prevent burning. Add onion and parsley. Drain liquor from oysters, add to boiling water and stir in roux until smooth and creamy. Season to taste, add oysters and butter. Hold heat for one minute and serve at once with cracker biscuits. (*Yield: 4 portions*).

## OYSTER AND PEANUT SOUP

24 cooking oysters	8 ozs. peanut butter
2 pints rich court bouillon	$1\frac{1}{2}$ ozs. flour
salt, pepper and cayenne	

Mix flour with peanut butter, add to boiling court bouillon, and stir constantly till smooth and creamy. Five minutes before serving, add the oysters and season with salt, pepper and cayenne. Four ozs. cream or evaporated milk added last thing will enrich this luscious soup. (*Yield: 6 portions*).

## OYSTER SOUP (Family Style)

Boil 2 dozen oysters with their juice. In a separate vessel boil 1 quart of milk and 1 pint of cream. Put both together and add 2 ozs. of butter, and salt and pepper. Before serving, stir in some fine cut chives and  $\frac{1}{2}$  cup of broken crackers.

## OYSTER STEW

36 oysters	1 tablespoon minced parsley
2 pints milk	dash of onion salt or juice
1 oz. butter	salt and pepper

Strain oyster liquor into saucepan; heat but do not boil. Heat milk in double boiler; stir in hot oyster liquor. Add butter and seasonings and oysters. When oysters ruffle at edges, serve at once. (Yield: 6 portions).

## SALMON, CREAM OF

See Cream of Salmon (*page 104*), and other cream of fish soups.

## SALMON AND PEA CHOWDER

2 ozs. salt pork	2 teaspoons salt
1 medium onion (sliced)	8 ozs. flaked canned salmon
8 ozs. potato slices, $\frac{1}{4}$ in. thick	8 ozs. cooked peas
1 $\frac{1}{2}$ pints boiling water	1 pint milk

Dice pork, add onion and sauté until a golden brown. Add potatoes and boiling water and cook until potatoes are tender. Add remaining ingredients, heat to boiling and serve hot. (Yield: 8 portions).

## SEA FOOD SOUP (or Bouquet of the Sea)

8 ozs. lobster meat	1 oz. butter
4 ozs. peeled shrimps	1 oz. flour
8 ozs. white fish, flaked	salt, pepper and cayenne
1 onion, grated	4 ozs. cream or evaporated milk
1 carrot, grated	1 egg
1 stalk celery, chopped	2 pints rich court bouillon

The 2 pints court bouillon should, of course, be the liquor in which the lobster, shrimps and white fish were cooked. Melt butter in pan and cook all vegetables till a light golden brown, add flour and cook 2 minutes more. Bring fish stock to boil, add vegetable mixture, stirring constantly till smooth and creamy. Add diced lobster meat, shrimps and flaked fish. Season to taste.

Blend egg with cream and add just before serving, but do not allow soup to re-boil.

A glass of white wine will improve the soup.

(Yield: 7 portions).

### SHRIMP CHOWDER

2 ozs. salt pork, cut in cubes	2 teaspoons salt
1 onion, chopped	$\frac{1}{4}$ teaspoon pepper
2 pints boiling water (or fish stock)	1 pint milk
2 ozs. diced celery	8 ozs. shrimps, peeled
12 ozs. potatoes, diced	1 oz. butter
	1 oz. flour

Fry salt pork carefully, taking care not to scorch it. When crisp, strain meat, add onion and cook to a light yellow. Add water or fish stock, and celery, and simmer for 15 minutes. Add potatoes and seasonings and cook until potatoes are tender, about 10 minutes. Add milk and shrimps and heat to scalding; add fat and flour which have been creamed together, continue heating 3 or 4 minutes, stirring occasionally to keep smooth.

(Yield: 6 portions).

### SHRIMP SOUP (Family Style)

Add to 1 quart of fish broth 1 pound of picked shrimps, and bring to the boil. Then add 1 cup of boiling cream, season with salt and pepper and chopped parsley, add  $\frac{1}{2}$  cup of broken crackers, and 2 ounces of butter. It is ready to serve when the butter is melted.

### SKATE SOUP

Fillet 2 lbs. of skate. Place the bones in a saucepan with 3 pints of water, 1 sliced onion, 2 stalks of celery, 1 bay leaf and 2 sprigs of parsley. Boil till reduced to 2 pints, and strain. Return stock to pan, add the fillets of skate cut in small pieces, and cook till tender. Add 1 pint thick cream sauce and season to taste. Lastly, blend 2 eggs with 8 ozs. cream or evaporated milk, and stir into the soup. Hold heat for 5 minutes, but do not allow the soup to boil.

Serve with a flick of chopped fresh parsley.

(Yield: 8 portions).

### SMOKED FISH CHOWDER

Dice  $\frac{1}{2}$  lb. salt pork and brown. Add 2 ozs. diced onion and cook until tender. Add 4 large potatoes, diced; 1 bay leaf;  $\frac{1}{4}$  teaspoon pepper and water to cover. Cook until potatoes are almost tender. Add 2 pints milk and 1 $\frac{1}{4}$  lbs. smoked fillet of haddock, flaked; heat to boiling and simmer 10 minutes.

(Yield: 6 portions).



## SNAPPER SOUP

2 lbs. knuckle of veal	2 ozs. flour
2 ozs. butter	4 pints beef broth, or stock.
2 onions, grated	4 ozs. strained tomatoes
2 stalks celery, chopped	1 snapper turtle meat, cut small
2 carrots, grated	2 glasses of sherry
$\frac{1}{4}$ teaspoon thyme	dash tabasco sauce
$\frac{1}{4}$ teaspoon marjoram	2 slices lemon
2 cloves, 1 bay leaf	1 hard-cooked egg, chopped
salt and pepper	

Cut veal into pieces. Place in a roasting pan with butter, onions, celery, carrots, thyme, marjoram, cloves, bay leaf, salt and pepper. Bake in hot oven until browned. Remove from oven and add flour, mixing well, and cook 30 minutes longer. Pour browned mixture into a large pan, add broth and tomatoes and simmer  $3\frac{1}{2}$  hours. Combine snapper meat with sherry, salt, tabasco sauce and lemon, and simmer 10 minutes. Strain soup and combine the two mixtures. Add chopped egg and remaining sherry and serve immediately. *(Yield: 8 portions).*

## TOMATO FISH CHOWDER

See Fish Chowder (recipe on page 59), and add 8 ozs. fresh or canned tomatoes.

## POTAGES

POTAGE: A species of food made of meat boiled to softness in liquids, usually with some fresh or dried vegetables, oatmeal or barley.

## POTAGE À L'ANGLAISE

Put in pan 2 pounds of lean mutton, and 1 pound of barley. Cover with water, season with salt, add a bouquet garni, and boil for 2 hours. Then remove the bouquet and the meat, strain through a fine sieve, add 1 cup of boiling thick cream, 3 ounces of butter, and a little cayenne pepper.

## POTAGE AU LAIT

Set 1 quart of milk over the fire in a clean saucepan. Beat well the yolks of 2 eggs with a teaspoonful of flour, sufficient sugar to sweeten, and a pinch of salt. Just before the milk boils, stir these in. If, after the eggs are put in, the soup is allowed to boil, it will curdle. All milk soups are made in the above manner, and varied by adding any preferred flavour, such as vanilla, lemon, laurel-leaves, almonds, cinnamon, chocolate, etc. A savoury soup may also be made with onions, previously stewed in butter. They should be put into the boiling milk with pepper and salt for 10 minutes before serving.  
(Yield: 5 portions).

## POTAGE ALBERT

Two-thirds Purée of Potato soup, and one-third very thick Consommé Julienne.

## POTAGE ALEXANDRA

Half Velouté of Chicken and half Cream of Potatoes.

### POTAGE ALLEMAND

Prepare 3 pints Tapioca Soup (*which see*), garnish with 2 ozs. cooked peas, 2 ozs. diced French beans, 2 ozs. diced carrot and 2 ozs. asparagus tips.  
(Yield: 8 portions).

### POTAGE AMÉRICAIN

Put in a pan 1 onion, 1 leek, and a little celery, and simmer in 3 ounces of butter until soft. Then add 2 tablespoons of flour and simmer again. Now add 2 peeled and cut up tomatoes, a bouquet garni and 2 pints of stock, and boil till well done. Remove the bouquet garni and strain the remainder through a fine sieve. Season with salt and pepper. Before serving, add 1 cup of cream and 2 cups of plain boiled rice.  
(Yield: 8 portions).

### POTAGE ANDALOUSE

To Velouté of Beef add some cooked tapioca.

### POTAGE ARLEQUIN

Slice 2 carrots, 2 beets, 2 turnips, and add a pound of shelled new peas. Put all in a pan, cover with 2 quarts of water, season with salt, add about 3 pounds of cut-up veal bones, bring to a boil, and skim. Then cover, and cook until soft. Remove the veal bones, and strain the remainder through a fine sieve. Then return to pan, and if too thick add a little bouillon, chicken broth or stock. Bring to a boil, season with salt and pepper, and stir in 3 ounces of butter. Serve with bread cut in small squares and fried in butter.  
(Yield: 8 portions).

### POTAGE AU MACARONI


Sauté 2 ozs. finely grated onion in 2 ozs. hot butter, add 2 ozs. flour and stir well. Add this to 3 pints rich beef stock. Boil 2 ozs. macaroni in salt water till tender, cut into  $\frac{1}{4}$  inch pieces and add to soup. Season to taste and serve. Thyme may be added to this soup, but for myself let me taste the macaroni.  
(Yield: 8 portions).

### POTAGE BAGRATION

Add to Cream of Chicken some boiled macaroni cut in pieces  $\frac{1}{4}$  inch in length.



### POTAGE BOLOGNAIS

Prepare 3 pints Almond Soup (*which see*), garnish the soup with 2 ozs. well washed cooked rice and serve sprinkled with grated parmesan cheese.   
(Yield: 8 portions).

### POTAGE BONNE FEMME

Purée of white beans with julienne of vegetables.

### POTAGE À LA BOSTON

Cook 8 ozs. diced potatoes, 8 ozs. diced tomatoes and 2 ozs. okra in 3 pints veal stock. Blend in 1 oz. butter creamed with 1 oz. flour. Stir constantly till smooth and creamy. Strain and re-heat. Add seasoning and serve.  
(Yield: 8 portions).

### POTAGE BOUQUETIÈRE

Consommé, Tapioca and Printanier mixed.

### POTAGE BOURGEOIS

In a pan put a fresh brisket of beef, 2 marrow bones, and a handful of salt; and cover with cold water. Bring to a boil, skim well, add a small piece of Savoy cabbage, 1 carrot, 1 onion, 1 piece of celery, 12 stalks of leek tied in a bunch, a bouquet garni, and a spoonful of whole black peppers. Boil slowly for about 3½ hours; then remove the beef, and take out the leeks and carrot and cut them in small round pieces. Take the fat off the broth, and strain the broth over the leeks and carrot. Boil for a few minutes, and season with salt and pepper. Before serving, add some chopped chervil, and some bread crusts cut in ½ inch squares, and fried in butter. The boiled beef can be used for an entrée.

### POTAGE BOURRIDE

3 pints lightly seasoned court	2 ozs. flour
bouillon (reduced from 6	1 clove of garlic
pints by rapid boiling)	4 ozs. cream or evap. milk
2 ozs. butter	1 egg

Boil garlic in lightly seasoned rich court bouillon. Add butter and flour previously well creamed together. Stir constantly till thick and creamy. Strain and re-heat. Blend cream and egg together. Add to soup last thing. Serve with a sprinkling of chopped parsley.  
(Yield: 8 portions).

## POTAGE À LA BRISSE

3 pints chicken stock	8 ozs. mixed purée of vegetables
2 ozs. chicken fat	2 eggs
2 ozs. flour	4 ozs. evaporated milk
8 ozs. creamed potato	seasonings to taste

Break down eggs and blend with evaporated milk and mixed vegetable purée (spinach, tomato, pea, onion), add a little salt and pepper. Pour mixture into a greased basin and cook in steamer till firm. Cool the vegetable cream and cut into fancy shapes with small cutters. Boil chicken stock, add to this the creamed fat and flour, stir constantly till smooth and creamy. Add creamed potato and beat till smooth. Add vegetable cream garnish and serve.

*(Yield: 8 portions).*

## POTAGE BRUNOIS, WITH RICE

To 3 pints of Consommé Brunoise add  $\frac{1}{2}$  lb. boiled rice. *(Yield: 8 portions).*

## POTAGE CAMBRIDGE

Melt 3 ounces of butter in a pan, add 2 ounces of flour, and allow to simmer for 5 minutes, or until golden yellow. Add 2 pints of veal broth or stock,  $\frac{1}{2}$  pint of purée of tomatoes and the trimmings of a few fresh mushrooms. Cook for 20 minutes, strain through sieve and add fine-cut strips of fresh mushrooms sautéed in butter. A pony of dry sherry may be added if desired.

*(Yield: 6 portions).*

## POTAGE CAMELIA

Proceed as for Potage à la Brisse, using the same garnish. The chicken stock is thickened with  $1\frac{1}{2}$  ozs. very fine tapioca instead of the fat and flour.

*(Yield: 8 portions).*

## POTAGE CAMERONI

Make 1 quart of Consommé Brunoise, add 6 chickens' livers cut in small squares and sautéed in butter; and  $\frac{1}{2}$  cup of boiled macaroni cut in  $\frac{1}{2}$  inch pieces. Serve grated cheese separate.

*(Yield: 5 portions).*

## POTAGE CANTATRICE

Three pints of rich veal stock is thickened with  $1\frac{1}{2}$  ozs. fine tapioca, seasoned to taste, and a liaison of 8 ozs. cream or evaporated milk blended with 2 well-beaten eggs is added at the last moment.

*(Yield: 8 portions).*

## POTAGE CAPURE

Slice a head of lettuce very fine, wash, and drain well. Then put in a pan with 2 ounces of butter, cover and simmer for 10 minutes. Then add chicken broth, or clear veal or beef broth (3 pints). *(Yield: 8 portions).*

## POTAGE CARLTON

1½ pints chicken stock	2 ozs. chicken fat
1½ pints tomato juice	2 ozs. flour
salt and pepper	1 grated onion
1 clove	6 ozs. cream or evaporated milk
	1 egg

Bring stock, tomato juice, onion, seasoning and clove, all to boiling point. Cream chicken fat and flour together, add to stock and stir constantly till thick and creamy. Strain and re-heat. Blend cream and egg together and add to soup at last moment. *(Yield: 8 portions).*

## POTAGE CASTELAIN

3 pints beef stock	1 grated turnip
1 grated onion	2 grated potatoes
1 grated carrot	2 ozs. butter
salt and pepper to taste	2 ozs. flour
	1 blade of mace

Place all ingredients, except flour and butter, in a pan, bring to boil and simmer for 1 hour. Press all through a sieve and return to pan. Re-boil, and then add the butter and flour previously blended together. Stir constantly till thick and creamy, and serve at once. *(Yield: 8 portions).*

## POTAGE CHAMPENOIS

Mix 2 pints of Cream of Potatoes with 1 pint of Cream of Celery. Add as garniture ½ cup of carrots and celery cut in very small dice, and boiled till soft in consommé. *(Yield: 8 portions).*

## POTAGE CHANOINESSE

3 pints rich fish stock	2 ozs. flour
1 shredded leek	8 ozs. poached mackerel roe
1 teaspoon chopped parsley	salt and pepper
2 ozs. butter	glass of white wine

Place stock, parsley, leek, salt and pepper in a pan, bring to boil, and



simmer for 10 minutes. Add butter and flour previously well creamed together. Stir constantly till smooth and creamy. Add mackerel roe cut in small square pieces and, just before serving, the glass of wine.

(Yield: 8 portions).

### POTAGE CHASSEUR

3 pints well reduced game stock	1 glass port wine
pinch of thyme	2 ozs. butter
2 ozs. red currant jelly	2 ozs. flour
	salt and pepper
8 ozs. diced mixed game meats	

This soup is usually the aftermath of any roast game, the bones being used to make the stock and the stock rapidly boiled till reduced to 3 pints. The meat trimmings from the bones are diced for the garnish.

Place stock, seasonings and jelly in a pan and bring to the boil, cream butter and flour well together, add to stock and stir constantly till soup is thick and creamy. Add diced meats, and lastly, the glass of port.

It is assumed that in making the game stock, onions, carrots and celery would be used to give added flavour.

(Yield: 8 portions).

### POTAGE CHÂTELAINE

Simmer in 2 ounces of butter, 1 onion,  $\frac{1}{2}$  stalk of celery, and 1 leek, all chopped very fine. Then add  $\frac{1}{2}$  pound of lean beef cut in small squares, sprinkle with 2 ounces of flour, and simmer until well browned. Then add 3 pints of stock or bouillon and boil for an hour. Season with salt and fresh-ground black pepper, and add a glass of good sherry before serving.

(Yield: 8 portions).

### POTAGE COBURG

Mix 1 quart of mock turtle soup with 1 pint of Consommé Tapioca; and just before serving add  $\frac{1}{2}$  cup of very small cooked peas.

(Yield: 8 portions).

### POTAGE COLBERT

Prepare a rich chicken soup (*which see*), and for each person an egg is poached in the soup.

### POTAGE COMTESSE

3 pints well reduced veal stock	2 strips lemon rind
1 grated onion	2 ozs. butter

2 small grated carrots  
8 ozs. sweetbreads, diced

2 ozs. flour  
salt and pepper to taste

Heat butter in a pan, add onion and carrot and toss till a light golden brown, then combine flour. Add hot veal stock gradually, stirring constantly. Add lemon rind and seasonings. Simmer 30 minutes. Add diced sweetbreads, remove lemon rind, and serve. (Yield: 8 portions).

### POTAGE COQUELIN

Garnish Purée of Pea Soup with chicken and leeks cut julienne style, and boiled in broth. (See *Purée of Peas*).

### POTAGE À LA CRÉOLE

This is really a Bisque of Crab (*which see*), in which 4 ozs. diced tomatoes are added to each 3 pints of soup, 5 minutes before serving.

### POTAGE CZARINA

A really gay, colourful soup, with its mixed tasty garnishing.

Prepare a rich chicken soup, and to each 3 pints add 2 ozs. scalded sultanas, 1 oz. shredded tarragon, 3 ozs. ham cut julienne style, 1 oz. sliced stuffed olives, and 1 oz. sliced mushrooms.

### POTAGE DAGOBERT

Mix 1 quart of Purée of Peas, 1 pint of Consommé Julienne and 1 pint of Consommé aux Perles de Nizam.

### POTAGE À LA DÉTILLER

Here we have a light milk soup suitable for invalids in convalescence.

3 pints milk	very little seasoning
1 oz. arrowroot	2 ozs. grated cheese
3 eggs	2 ozs. macaroni (when cooked)
fried croûtons	

Mix eggs with equal their weight of milk, and add to arrowroot. Bring milk to boil, add egg mixture, and hold over heat, stirring constantly till almost at boiling point. Add macaroni in small pieces, and lastly cheese. Serve with the fried croûtons. (Yield: 8 portions).

### POTAGE DIEPPOIS

Put in a pan 4 leaves of white cabbage, and 2 stalks of leeks and 1 of celery cut in thin slices. Add 3 ounces of butter, cover, and simmer until done. Then

add 1 pound of raw potatoes cut in thin slices the size of a half-crown, and 3 pints of bouillon. Season with salt and pepper, and boil until done.

(Yield: 8 portions).

### POTAGE DORCET

Equal quantities of white wine and water heated to boiling point. At this stage it is pulled away from direct heat, and to each 1 pint, 3 yolks of egg, broken down with their own volume of water, are added. The soup is allowed to thicken slightly without boiling, and a garnish of shreds of tarragon and cucumber in equal quantities is added.

### POTAGE DUCHESSE

Cream of Rice with royale in strips.

### POTAGE DUPOIS

Another title for Mussel Soup (*which see*—page 108). Omit the tomatoes.

### POTAGE À L'ÉCOSSAISE

The foundation of this soup is rich mutton stock usually reduced to one-third its original volume.

Take 9 pints of mutton stock, and by rapid boiling reduce it to 3 pints, then proceed as for a Scotch Broth, loading the soup with barley, mixed diced vegetables and chopped parsley.

If you have no mutton stock on hand, split a sheep's head, remove the brains, and cover it with cold water, adding 2 grated onions, 2 grated carrots, 2 stalks of celery, and 1 shredded leek. Bring all to boil and simmer for 3 hours. Strain and return stock to pan and reduce to 3 pints by rapid boiling.

### POTAGE ELIZA

Wash a good handful of sorrel and slice very thin. Put in pot with 3 ounces of butter and simmer slowly for 10 minutes. Then add 2 pints of bouillon, or consommé, and boil for a few minutes. Thicken with the yolks of 2 eggs mixed with a cup of cream. Before serving, put in some French bread, or rolls, that have been dried in the oven, and cut like chip potatoes. *This soup is sometimes called Potage Santé.*

(Yield: 5 portions).

### POTAGE ESAU

The red pottage of lentils for which Esau sold his birthright was apparently made from the red Egyptian lentil. The reddish variety of lentil (*lentillon*



*d'hiver*) is the kind most esteemed on account of the superior flavour of its smaller seeds.

For this excellent soup you will require:

3 pints mutton stock	4 ozs. pork or bacon rind
1 lb. red lentils	seasoning to taste
2 sliced onions	4 ozs. cream or evaporated milk.

Place all ingredients in a pan except cream. Bring to the boil and simmer till lentils are soft. Press all through a sieve and re-heat soup. Test for seasoning, add cream, and serve. *(Yield: 8 portions).*

### POTAGE FAUBONNE

Make a quart of purée of white beans and bind with the yolk of one egg mixed with a little cream. Serve small squares of bread fried in butter, separate.

### POTAGE FERNEUSE

Slice 6 white turnips very fine, put in a pan with 2 ounces of butter. Cover, and simmer for 15 minutes. Then add 1 cup of rice and 3 pints of bouillon, consommé, or chicken broth. Boil for 1 hour, strain through fine wire sieve, and put back in pan. When hot, stir in well 3 ounces of butter, season with salt and a little cayenne pepper.

### POTAGE FLAMAND

Potato soup mixed with Brunoise.

### POTAGE FLORENZA

Prepare a thick veal soup and to each 3 pints add a garnish of 4 ozs. cooked macaroni. Serve with grated parmesan cheese.

### POTAGE FONTANGE

Make a purée of white beans. Simmer some sliced sorrel in butter, and add to the soup before serving.

### POTAGE FRANKFORT

To each 3 pints chicken soup blend in 8 ozs. creamed potatoes. Garnish liberally with asparagus tips.

### POTAGE À LA FRIAR TUCK

Proceed as for a Cream of Chicken soup, adding to each 3 pints chicken stock two leeks finely shredded.

When serving, add as a garnish, 4 ozs. of sliced chicken cut julienne style

### POTAGE À LA GARCIA

2 pints tomato juice	1 onion, grated
1 pint chicken stock	2 small carrots, grated
1 oz. sugar	1½ ozs. fine tapioca
seasoning to taste	2 ozs. grated cheese

Place the ingredients in a pan, with the exception of tapioca and cheese. Bring all to the boil, and simmer 15 minutes. Add fine tapioca and cook till soup thickens. Taste for seasoning and serve with grated cheese.

### POTAGE GENTILHOMME

Potato soup with julienne of carrots.

### POTAGE À LA GITANA

3 pints rich game stock	12 ozs. mixed game meats,
2 onions, chopped fine	diced
2 stalks celery, chopped fine	1 lb. potatoes, diced
2 ozs. red currant jelly	4 ozs. mushrooms, sliced
salt and pepper	glass of port, if desired.

Place stock, onions, celery, jelly and seasonings in a pan and bring to the boil. Simmer for 30 minutes, then add potatoes. Simmer a further 30 minutes, then add mushrooms. Simmer a further 5 minutes, when the soup is ready.

Add diced game meats and wine; serve at once.

*(Yield: 8 portions).*

### POTAGE À LA GOUFFÉ

Proceed as for a tapioca soup, made with veal stock. Garnish the soup with 2 ozs. each chicken, tongue and truffle, all cut julienne style, for each 3 pints of soup.

### POTAGE GRAND'MÈRE

Take equal parts of leeks, cabbage, onions and celery and cut in very small dice. Put in pot, cover with water, season with salt and pepper, and boil. When soft, add hot milk, and serve.

## POTAGE GREC

3 pints stock	sprig of mint
1 grated onion	salt and pepper
6 ozs. split peas	1 lb. cooked macedoine of vegetables
8 ozs. diced mutton	

Place stock, onion, peas, mint and seasonings in a pan, and bring all to boil. Simmer till peas are soft. Press all through a sieve. Return soup to pan, add diced mutton, macedoine of vegetables, bring all to almost boiling point, and serve. *(Yield: 8 portions).*

## POTAGE GRENADE

Cut into thin slices, the size of a half-crown, 2 turnips, 1 stalk of leeks,  $\frac{1}{2}$  stalk of celery, and then a small head of Savoy cabbage. Put these in a saucepan with 3 ozs. butter, season with salt and a teaspoonful of sugar, and place in the oven to smother. Be careful that it does not burn. When soft, add 2 quarts of consommé, and boil for  $\frac{1}{2}$  hour. Then add 2 tomatoes peeled and cut in small dices, boil for 1 minute, season with salt and pepper, and serve with a little chopped chervil.

## POTAGE GUMBO

To each 3 pints of veal stock add 2 ozs. okra, 8 ozs. tomatoes, and 8 ozs. peeled shrimps. Simmer for 15 minutes, then add 8 ozs. diced potatoes. Simmer a further 30 minutes. Then add 8 ozs. cooked veal, cut in small dice. Season to taste and serve. *(Yield: 8 portions).*

## POTAGE À LA HESSE

This is an Ox Cheek Broth (*which see*), in which 12 ozs. diced potatoes are cooked, as well as the other ingredients. The potatoes must be cooked till they cloud the soup.

## POTAGE HOCHÉ-POT

*See Hodge Podge, also Hotch Potch.*

## POTAGE HOLLANDAIS

Bind a Velouté of Chicken with cream and yolks of eggs. Serve with brunoise garnishing.



## POTAGE HONOLULU

Put on the fire a soup hen, in 3 quarts of water; season with a tablespoonful of salt, and bring to a boil. Then add 1 bouquet garni, 3 onions, 3 green peppers, and  $\frac{1}{4}$  lb. rice. When the hen is boiled soft remove it, with the bouquet garni and the peppers. Strain the rice, onions and broth through a fine sieve, and put back in the pan.

Bring to a boil, and bind with the yolks of 2 eggs mixed with a cup of cream. Season well with salt and cayenne pepper, and add 3 canned red peppers cut in small squares, before serving.

## POTAGE ITALIEN

Soak  $\frac{1}{2}$  pound of dry mushrooms in cold water for a few hours. Then put in a pan with 1 quart of Consommé, 1 pint of purée of tomatoes, and  $\frac{1}{2}$  pound of boiled spaghetti cut in pieces 2 inches long. Boil for 10 minutes. Crush 2 pieces of garlic and fry in a spoonful of oil for a second, add to the soup, season with salt and pepper, and sprinkle with a little chopped parsley. Serve grated cheese separately.

## POTAGE JACKSON

Potato soup with small pieces of macaroni added.

## POTAGE À LA JACQUELINE

Prepare 3 pints thin veal soup and simmer in it 2 ozs. carrot balls, 2 ozs. turnip balls, 2 ozs. parsnip balls, 2 ozs. potato balls, all cut with a vegetable scoop. The vegetable balls are added in the order given and simmered very gently, it taking 45 minutes to cook all the vegetables, starting with the carrots and adding the potatoes 25 minutes after the carrots—a test of fine timing to have all the vegetables cooked to the same degree; boiling them separately in water takes away from the flavour of the soup.

## POTAGE JARDINIÈRE

This soup usually gets confused with any type of vegetable soup, so it might be well to clear up some of the confusion.

JARDINIÈRE means garden style.

PAYSANNE means country style.

CHIFFONNADE means literally vegetables in rags.

CROÛTE-AU-POT means with bread crusts.

JULIENNE means with match-like cut vegetables.

All of which are vegetable soups of their kind. The great confusion of French

names often causes the English chef to get these soups under the wrong headings.

So, for Potage Jardinière, we require a soup made from fresh vegetable stock and garnished with really fresh garden vegetables. None of those tinned macedoine of vegetables will do for this soup.

Take 3 pints fresh vegetable stock, 2 ozs. butter, 2 ozs. flour, and form a thin cream soup.

Dice 2 ozs. fresh carrots, 2 ozs. fresh turnips, 2 ozs. young parsnips, 2 ozs. young chives, 2 ozs. new potatoes, 2 ozs. green peas. Cook vegetables in the soup by gently simmering, adding the vegetables in the order given, allowing time for each vegetable just to reach the degree of done-ness.

Season to taste and serve at once.

(Yield: 8 portions).

### POTAGE JULIENNE MAIGRE

Proceed exactly as for Potage Jardinière, with the exception that the vegetables must all be cut match-like, and not diced. Omit the peas.

### POTAGE KROUMIR

One quart of Purée of Tomato soup mixed with one pint of Consommé Tapioca.

(Yield: 8 portions).

### POTAGE LAMBALLE

One-half Purée of Peas and one-half Consommé Tapioca, mixed.

### POTAGE LIVONIEN

In a pan put 1 onion chopped fine, and 3 ozs. butter. Simmer until yellow. Then add  $\frac{1}{4}$  lb. sliced sorrel and  $\frac{1}{2}$  lb. sliced spinach. Simmer again for 10 minutes. Then add 1 quart of chicken broth, and 1 large cup of cream sauce. Boil  $\frac{1}{2}$  hour. Season well, and serve.

(Yield: 7 portions).

### POTAGE LORD MAYOR

Put 2 pounds of veal bones in a roasting pan with 1 onion, 1 carrot, a little celery, leek and parsley in branches, and 2 ounces of butter. Roast in oven until nicely browned, then drain off the fat, put in pan, add 2 fresh pig's feet, 1 soup hen, and 3 pounds of shin of beef, 1 bouquet garni, a handful of salt, and 2 gallons of water. Cook until the hen and beef are soft, when they may be removed.

When the pig's feet are done, take out the bone, the fat and the lean meat, so nothing is left but the skin. Cut the skin in small squares, or round pieces

the size of a sixpence. Cut some carrots in the same shape, and boil in salted water until soft.

Put 1 pound of chopped beef in a casserole, add the whites of 6 eggs, stir well, add slowly the strained broth, and bring to a boil. This will clarify it. Season with salt and cayenne pepper to taste. Boil for 15 minutes, strain through a cheesecloth into another pot, bring to a boil, and reduce slowly for  $\frac{1}{2}$  hour.

Mix 2 tablespoonfuls of arrowroot and a cup of sherry well together, and let run slowly into the boiling broth. Boil again for 10 minutes. Before serving, add a glass of dry amontillado sherry. The beef and the soup hen then may be used for salads, croquettes, or other purposes.

### POTAGE MACDONALD

Boil 1 calf's brains in chicken broth. Make 1 quart of Cream of Barley soup, and strain both together through a fine sieve. Put in a vessel and add 1 oz. butter, and, when melted, serve. Do not let the soup boil after the two have been blended.

### POTAGE MAINTENON

Put a soup hen and 2 lbs. of veal bones in a pot in 1 gallon of water, add a spoonful of salt, 1 onion, 1 carrot, 1 stalk of celery,  $\frac{1}{2}$  stalk of leek, and a bouquet garni. Bring to a boil, skim well, and then simmer until the fowl is done. Then take out the fowl and cut the white meat in small squares. Strain the broth. Heat in a pan 4 ozs. of butter, add  $\frac{1}{2}$  cup of rice and  $2\frac{1}{2}$  ozs. flour. When heated through, add the broth, stir well, and let it simmer slowly.

When once boiling, be careful that the rice does not stick to the bottom and burn. Also be careful when stirring that you do not break the rice. Taste, season with salt and a little cayenne pepper; and when the rice is soft thicken the soup with the yolks of 4 eggs mixed with a cup of cream and a very little grated nutmeg. Do not let the soup boil after adding the thickening.

The left-over dark meat can be used for an entrée later.

### POTAGE À LA MALTAISE

Prepare 3 pints of thin Veal Soup, add as a garnish 3 sliced oranges, a little shredded capsicum, chillies, and 2 ozs. very small julienne of orange peel.

(Yield: 8 portions).

### POTAGE MARÉCHAL

3 pints white stock	4 ozs. peeled shrimps
6 ozs. fresh white breadcrumbs	salt and pepper
1 onion, very finely chopped	4 ozs. cream or evap. milk
4 ozs. diced crayfish	some shredded chervil



Bring stock to the boil, add breadcrumbs, chervil and seasoning. Remove soup from direct heat. Add crayfish and shrimps and 4 ozs. cream or evaporated milk. Serve at once.

This soup must be made just as required and never long in advance. Otherwise, it will be spoilt.

### POTAGE MARIE LOUISE

Mix 1 quart of Purée of White Beans with 1 pint of thick Consommé Tapioca.

### POTAGE MARQUISE

Cream of Rice with breast of boiled chicken cut in small squares.

### POTAGE MATHILDA

Purée of Cucumbers with small squares of bread fried in butter.

### POTAGE MEXICAIN

Mix 1 quart of Purée of Tomato soup with 1 pint of well-seasoned Consommé Tapioca.  
(Yield: 8 portions).

### POTAGE MILANAIS

3 pints veal stock	2 ozs. macaroni (when cooked)
1 onion, finely minced	2 ozs. veal fat
1 large carrot, finely minced	2 ozs. flour
1 stalk celery, finely minced	salt and pepper
2 ozs. julienne of vegetables	1 oz. grated parmesan cheese

Place stock, vegetables, in a pan, bring to the boil and simmer for 45 minutes. Cream fat and flour together and add to boiling soup. Stir constantly till smooth and creamy. Taste for seasoning, add macaroni and julienne of vegetables. Serve with grated cheese.

### POTAGE MODENA

3 pints white stock	fresh eggs
1 onion, finely minced	2 ozs. fat
1 lb. spinach purée	2 ozs. flour
seasoning to taste	

Place stock, onion and spinach purée all in a pan and bring to boil. Simmer

for 20 minutes. Add fat and flour previously well creamed together, stir constantly till smooth and creamy. Taste for seasoning.

Poach 1 egg for each person, place egg in soup bowl, pour soup over and serve. *(Yield: 8 portions)*

### POTAGE MODERNE

3 pints mutton stock	2 ozs. mutton fat
2 carrots, grated	2 ozs. flour
1 onion, grated	seasonings to taste
1 parsnip, grated	1 large lettuce, shredded and fried
8 ozs. creamed potatoes	

Place stock, vegetables, in a pan, bring all to boil and simmer for 30 minutes. Cream fat and flour well together, add to soup, stirring constantly till thick and creamy. Now beat in the mashed potato, and add seasonings. Add shredded and fried lettuce at the moment of serving. *(Yield: 8 portions).*

### POTAGE À LA MONACO

This is a simple invalid soup, consisting of 1 pint milk, 3 yolks of egg, little salt, toast.

Whisk yolks of eggs with an equal volume of milk in a bowl. Scald milk and pour over yolks. Add a little salt. Pour the soup over slices of toast—one for each person. *(Yield: 2 portions).*

### POTAGE MONGOL

One-third Purée of Peas, one-third Consommé Julienne, one-third Purée of Tomatoes. Well mixed.

### POTAGE MONTGLAS

Mix 1 pint of Purée of Tomatoes with 1 quart of Consommé Sago. Add the breast of a boiled fowl cut julienne style, the tip of a smoked beef tongue cut in small squares, and  $\frac{1}{4}$  lb. of macaroni cut in pieces 1 inch long. Serve grated cheese separately. *(Yield: 8 portions).*

### POTAGE MOUSSE

Here is another light soup suitable for an invalid with a jaded palate.

1 pint milk	1 oz. butter
2 yolks of egg	little chopped parsley
2 whites of egg	$\frac{1}{2}$ oz. grated cheese
1 dessertspoon arrowroot	salt

Whisk whites of egg to a foam, scald milk and drop spoonfuls of the whisked whites on top of the milk to cook. When the white of egg is cooked, lift off and set aside. Blend yolks, melted butter and arrowroot together and add to scalded milk. Add parsley and a pinch of salt. Serve the soup in bowls, sprinkled with grated cheese and the cooked white of egg floating on the top.  
(Yield: 2 portions).

### POTAGE NAPOLITAIN

See Goose Soup, using 3 lbs. game bones (grouse, pheasant, hare or venison) and exact procedure. *See recipe on page 178.*

Garnish the soup with small game quenelles and fried croûtons. A glass of port wine, added at the moment of serving, will improve the soup.  
(Yield will be 3 pints, sufficient for 8 persons).

### POTAGE NASSAU

Peel 8 white onions, and put in a pan with 1 quart of water and a little salt. Boil for 20 minutes, and then drain off the water. Heat 3 ozs. butter in another pan; then add 3 tablespoonfuls of flour, heat through; then add 1 pint of milk and 1 quart of bouillon and the onions, and boil for 40 minutes. Strain through a fine sieve, put back in pan, season with salt and cayenne pepper, and stir in 3 ozs. sweet butter. When the butter is melted, serve hot, with small crusts of bread cut in small squares, and fried in butter.

### POTAGE NAVARRAIS

Heat 2 ozs. butter in a pan, add a tablespoonful of flour, and cook until golden yellow. Then add 1 quart of consommé and 1 pint of tomato sauce, or tomato purée; season with salt and pepper, boil for 10 minutes, and strain. Boil  $\frac{1}{2}$  lb. vermicelli in salted water until soft, and add to the soup. Serve grated cheese separately.

### POTAGE À LA NÎMOISE

3 pints rich court bouillon	salt and pepper
(fish stock)	2 ozs. butter
sprig of fennel	2 ozs. flour
2 stalks of celery	4 ozs. cream or evap. milk
2 yolks of egg	

Place court bouillon, fennel, finely diced celery, and seasoning, in a pan, bring all to the boil, and simmer for 20 minutes. Add butter and flour which has previously been well creamed together. Stir constantly till smooth and thick. Combine cream and egg yolks and add to soup just before serving.



A glass of white wine will improve this soup.

Another way to serve this soup is with a poached yolk of egg cooked in the soup for each person. (Yield: 8 portions).

### POTAGE NOËL

Velouté of Chicken to which are added whole cranberries and very small dices of truffle. (See *Velouté of Chicken*, page 215).

### POTAGE NORMAND

Velouté of Chicken with julienne of carrots and turnips.

### POTAGE À L'ORLEANS

3 pints milk	1 oz. butter
2 dessertspoons chopped parsley	1 oz. arrowroot
1 clove	8 slices toast
salt	2 ozs. grated cheese

Place milk, chopped parsley, clove and pinch of salt in a pan and bring to the boil. Make arrowroot into a thin paste with cold milk and add to soup. Remove clove, add butter, and stir well.

Pour soup over toast sprinkled with cheese when serving.

(Yield: 8 portions).

### POTAGE PARMENTIER

Cut 4 stalks of leek and 1 onion in thin slices. Put in a pan with 3 ozs. butter, cover and simmer until done. Then add 2 lbs. of raw white potatoes cut in  $\frac{1}{2}$  inch squares, 2 quarts of bouillon or stock, a little salt, and a bouquet garni. Boil slowly until the potatoes are done, remove the bouquet, taste to see if salt is needed, and add a little pepper and chopped parsley.

(Yield: 8 portions).

### POTAGE PAYSAN

Cut a carrot, white turnip, parsnip, and a small head of green cabbage in round slices the size of a half-crown. Put in a pan with 3 ozs. butter, salt and a pinch of sugar. Cover pan and put in oven and simmer until vegetables are done. Be careful not to burn, and when turning do not break the vegetables. When the vegetables are cooked, add 4 pints of bouillon, stock, or chicken or beef broth, and cook for  $\frac{1}{2}$  hour. Before serving, add chopped chervil, and season with salt and pepper.

(Yield: 8 portions).

## PARSNIP POTAGE

3 lbs. parsnips, grated	salt and pepper
2½ pints mutton stock	8 ozs. cream or evaporated milk
1 grated onion	

Place parsnips, stock, onion and seasonings all in a pan, bring to the boil and simmer for 45 minutes. Press all through a fine sieve, return soup to pan, re-heat, blend in cream, and serve.

In all such soups containing root vegetables, it is best to grate the vegetables so as to ensure rapid cooking to retain the fresh flavour. Cutting the vegetables into chunks means they take longer to cook, thus giving the soup a stewed taste. (Yield: 8 portions).

## POTAGE À LA POISSONNIÈRE

3 pints rich fish stock	4 fillets of sole cut julienne style
1 minced onion	and lightly poached
1 minced stalk of celery	2 ozs. butter
1 glass sauterne	2 ozs. flour
1 sprig of parsley	salt and pepper

Brown vegetables and parsley lightly in the butter, add flour, and stir well. Add stock gradually, stirring constantly till thick and smooth. Simmer 30 minutes and strain. Taste for seasoning, add poached julienne of sole, and lastly the wine. Serve very hot. (Yield: 8 portions).

## POTAGE PORTUGAIS

Mix one quart of tomato sauce with one quart of consommé and bring to a boil. Season with salt and pepper, and add a cup of boiled rice before serving.

## POTAGE AU PRINCE DE GALLES

Proceed as for Mock Turtle soup (*which see, page 188*), garnishing the soup with small quenelles made from the cheek meat of the calf's head or calf's tongue.

## POTAGE PRINCESSE

2½ pints chicken stock	salt and pepper
1 lb. chicken purée	4 eggs
1 onion, diced	8 ozs. cream or evap. milk
2 stalks celery	½ oz. arrowroot

Prepare 1 lb. chicken purée from the white meat. This must be well pounded in the mortar with a little butter and ½ oz. arrowroot. Place stock, purée,

vegetables and seasoning all in a pan and simmer for 30 minutes. Strain all through a very fine sieve. Re-heat the soup to boiling point, blend eggs and cream well, add to soup just before serving, but do not let it boil once the liaison is added. (Yield: 8 portions).

### POTAGE PROVENÇAL

This soup is similar in kind to Bouillabaisse, being actually a fish stew with shredded Portugal onions.

Prepare 3 pints of Bouillabaisse and when adding the various kinds of fish add 2 very large Portugal onions, shredded as fine as possible. This would be sufficient for 8 persons.

### POTAGE QUIRINAL

Make in the same manner as Purée of Game, but use pheasants only. Garnish with julienne of breasts of pheasants, truffles, and some dry sherry. Season with cayenne pepper.

### POTAGE À LA RÉGENCE

3 pints game stock	2 ozs. pearl barley
1 diced onion	2 ozs. red currant jelly
1 diced carrot	salt and pepper
4 hard-boiled eggs	

Place all ingredients in a pan to boil, with the exception of the hard-boiled eggs. Simmer till barley is soft. Cut eggs in small pieces and add to soup at the moment of serving. (Yield: 8 portions).

### POTAGE REINE MARGOT

To Cream of Chicken add some almonds mashed fine, mixed with a little cream, and strained. This is called almond milk.

### POTAGE ROB-ROY

*A real winter soup, of the Author's invention, named as a compliment to his American friend, Rob-Roy Price.*

1 brown hare	2 sprigs of thyme
8 ozs. small red lentils	2 sprigs of parsley
2 onions, sliced	2 ozs. flour
2 carrots, sliced	2 ozs. butter
4 stalks of celery	4 ozs. bacon fat
8 ozs. fresh mushrooms	$\frac{1}{2}$ bottle port wine
salt and pepper to taste	



Heat the bacon fat in a pan, add the sliced onions, carrots and celery, and sauté till golden brown. Add the hare, cut into joints, and brown a little longer. Cover all with cold water and simmer gently for 1½ hours. Add the lentils, thyme and parsley, and cook till lentils are soft. Remove hare, and press soup through a sieve. Return soup to pan, re-heat, and add flour and butter previously well creamed together. Stir constantly till thick and creamy. Sauté and slice mushrooms and add to the soup, with a liberal amount of the diced hare meat. Add port wine and serve at once. (*Original recipe*).

(Yield: 12 portions).

### POTAGE ROMAIN

3 pints chicken stock	2 stalks celery, cut fine
2 ozs. ground rice	2 ozs. whole rice, cooked
1 grated onion	8 ozs. cream or evaporated milk
1 grated carrot	seasoning to taste

Place stock and vegetables in pan, bring to boil and simmer for 15 minutes. Add ground rice and cook till creamy. Strain the soup and return to pan. Re-heat, and add cooked whole rice, season to taste, add cream just before serving.

(Yield: 8 portions).

### POTAGE RUFFO

Mix 1 quart of Purée of Tomato soup with 1 pint of consommé, add ½ lb. of macaroni that has been boiled in salted water, and cut in pieces ½ inch long. Serve grated cheese separate.

(Yield: 8 portions).

### POTAGE À LA RUSSE

3 pints beef stock	1 bay leaf
2 large onions, sliced	½ lb. cooked pork sausages
1 large carrot, sliced	2 ozs. butter
2 stalks celery	2 ozs. flour
salt and pepper to taste	

Cook onions, carrot and celery in heated butter till a rich golden brown, combine flour and brown a little more. Add stock gradually, stirring constantly till thick, add bay leaf, simmer all for 30 minutes. Strain soup and return to pan. Slice the sausages about ¼ inch thick, add to soup. Heat well and serve.

(Yield: 8 portions).

### POTAGE ST. GERMAIN

Add to a Cream of Peas some fresh-cooked green or canned peas. (*See also Crème St. Germain*).

## POTAGE ST. MARCEAU

Mix 1 quart of Purée of Pea soup with 1 pint of Consommé Julienne.

## POTAGE SAVOYARD

3 pints vegetable stock	2 ozs. turnip, diced
8 ozs. potatoes, diced	2 ozs. parsnip, diced
4 ozs. onions	sprig of parsley
2 ozs. carrot, diced	salt and pepper

Place all ingredients in a pan, bring to boil, and simmer till vegetables are soft. Pass the soup through a sieve. Re-heat, season to taste, serve with fried croûtons rolled in parmesan cheese. (Yield: 8 portions).

## POTAGE SAXE

To 2 quarts of boiling consommé add the breadcrumbs made from a small loaf of bread, 2 beaten eggs, and some chopped chervil. Stir well, boil and serve.

## POTAGE SCHORESTÈNE

Chop fine, 1 pound of sirloin, or top sirloin, of beef. Put in a pan with 3 quarts of consommé and boil slowly for 1 hour. Then strain through a coarse sieve. The meat must be all forced through the sieve, and served in the soup.

## POTAGE SHCHI

This is a type of borshch, being a Russian soup. Some will insist on calling it "stchy." Prepare as follows:

3 pints beef stock	$\frac{1}{2}$ lb. beetroot, in strips
1 lb. braised sauerkraut	$\frac{1}{2}$ lb. leeks, in strips
1 lb. lean ham, diced	seasonings
sour cream	

Braise the sauerkraut with the ham. Heat the stock and throw in all the other ingredients. Simmer till everything is cooked, and serve with a spoonful of whipped sour cream on each plate of soup. (Yield: 8 portions).

## POTAGE SIDNEY

Just another name for Thick Kidney Soup (*which see*, page 150)

## POTAGE SOLFÉRINO

Cut 6 fresh tomatoes in pieces and cook in  $\frac{1}{2}$  a cup of consommé until well done. Strain through a fine sieve, and add to 2 quarts of consommé. Garnish with small squares of carrots and potatoes that have been cooked separately, and peas and chervil.

## POTAGE TALLEYRAND

Put in soup tureen 1 quart of Consommé Tapioca, 2 grated canned truffles, 1 glass of dry sherry, a pinch of cayenne pepper.

## POTAGE TAPIOCA

3 pints rich veal stock	3 ozs. fine tapioca
1 grated onion	seasoning to taste
1 bay leaf	8 ozs. cream or evaporated milk

Place stock, onion and bay leaf in a pan and bring to the boil, gradually add the fine tapioca, stirring constantly. When thick and creamy, strain into a tureen and add 8 ozs. hot cream or evaporated milk. Season to taste and serve. *(Yield: 8 portions).*

## POTAGE TAPIOCA, CRÉCY

Half Consommé Tapioca and half Potage Crécy, mixed. No croûtons. *For Potage Crécy see Crécy Soup on page 170.*

## POTAGE TURINOISE

One quart of Purée of Tomatoes and 1 quart of Veal Consommé, mixed. Garnish with cooked spaghetti cut 1 inch long. Serve about 2 cupfuls of grated cheese separately. *(Yield: 8 portions).*

## POTAGE TYROLIEN

3 pints chicken stock	8 ozs. cream or evaporated milk
3 ozs. barley flour	salt and pepper
2 ozs. onions, diced	12 ozs. carrots, in small dice.

Place stock, onion and seasoning, in a pan and bring to the boil. Combine barley flour blended with a little water and cook till smooth. Now add diced carrot and cook very gently till carrot is soft. Add cream and serve. *(Yield: 8 portions).*

## POTAGE VELOUR

Mix 2 pints of Purée of Tomato soup with 1 pint of Consommé aux Perles de Nizam. *(Yield: 8 portions).*



### POTAGE VÉNITIEN

Beat 2 tablespoonfuls of ground rice, 2 whole eggs and  $\frac{1}{2}$  cup of milk together, stir into 1 quart of boiling consommé, and cook for 12 minutes.  
(Yield: 6 portions).

### POTAGE VERT PRÉ

Mix 1 pint of Consommé Tapioca with 1 quart of Purée of Pea soup. Just before serving, add some chopped chervil.  
(Yield: 8 portions).

### POTAGE VICTORIA

Prepare 3 pints chicken soup and garnish it with 2 ozs. well-washed cooked barley and 2 ozs. well-washed cooked rice.  
(Yield: 8 portions).

### POTAGE VIENNET

Brown 4 ozs. sliced onion in 2 ozs. hot butter, add 2 ozs. flour and brown a little more. Add gradually 3 pints scalded milk, cook till smooth and creamy, strain, and add a little salt and pepper.

Make 100 tiny profiteroles, bake half and fry the rest. See that soup is really hot, then add profiteroles. Serve at once.

Profiteroles should not be added to soup too soon, or they will become soft and soggy.

*To make profiteroles, see Garnishings for Soup.*

(Yield: 8 portions).

### POTAGE VIENNOIS

Cream of Barley with royale cut in small squares as garnishing.

### POTAGE VILLAGEOIS

In a pan put 3 ounces of butter and 3 stalks of leeks cut in julienne shape. Simmer for 15 minutes. Then add 6 leaves of Savoy cabbage, cut julienne, and simmer again for 10 minutes. Then add 2 quarts of stock, bouillon, chicken broth or consommé, season well with salt and pepper, and boil for 40 minutes. Then add  $\frac{1}{2}$  pound of vermicelli and boil for 15 minutes, or until the vermicelli is done.  
(Yield: 10 portions).

### POTAGE VOISIN

Half Purée of Peas and half Purée Crécy. Before serving, add a handful of boiled rice.

*For Purée Crécy, see Crécy Soup on page 170.*

## POTAGE WALDÈZE

Mix 1 quart of Consommé Tapioca with 1 quart of Purée of Tomato soup, add 4 slices of boiled ham cut in small squares. (Yield: 10 portions).

## POTAGE WESTMORELAND

Equal parts of Mock Turtle soup, thick Consommé Tapioca, and thick Consommé Brunois. Before serving, add a glass of dry sherry.



## PURÉES

## PURÉE ALEXANDRA

2½ pints pheasant stock	1 onion, sliced
1 lb. purée of pheasant	1 carrot, sliced
1 lb. diced potatoes	½ oz. arrowroot
2 ozs. butter	salt and pepper

Pound 1 lb. pheasant trimmings to a purée in the mortar, add butter and arrowroot and blend well. If no mortar, pass the meat through the mincer (fine plate), three times, adding butter and arrowroot last time.

Place stock, purée, vegetables and seasonings, all in a pan and simmer gently for 45 minutes. Press all through a fine sieve and serve with blanched oysters (3 to a person).

(Yield: 8 portions).

## PURÉE BRÉSILIENNE

2½ pints partridge stock	1 onion, sliced
1 lb. purée of partridges	1 carrot, sliced
1 lb. tomatoes	½ oz. arrowroot
2 ozs. butter	salt and pepper
Pinch of thyme	8 ozs. cocktail sausages (40 to 1 lb.)

Proceed as for Purée Alexandra, using grilled cocktail sausages in place of oysters for the garnish.

(Yield: 8 portions).

## PURÉE BRETONNE

2½ pints veal stock	1 large onion, diced
2 lbs. turnips, peeled and diced	1 oz. sugar
	salt and pepper

Place all the ingredients in a pan, bring to boil and simmer till turnips are tender. Press all through a sieve, re-heat soup and serve.

(Yield: 8 portions).



## PURÉE CAMÉLIA

Boil 2 pounds of green peas in 1 quart of chicken broth, with the addition of a bouquet garni. When the peas are soft, remove the bouquet, and strain the soup through a fine sieve. Put back in pan, bring to a boil, season with salt and white pepper; and add 3 ounces of butter, stirring well to ensure its being melted. (Yield: 8 portions).

## PURÉE CÉLESTINE

Same as Purée of Potatoes.

## PURÉE CHANTILLY

Chantilly is a town of Northern France, and its name is much abused in many culinary terms. Before World War II, Chantilly was famous for its rich cream, hence Meringues Chantilly, etc.

Purée Chantilly is a purée of lentils. As there are so many varieties and colours of lentils, it must be stressed the lentils for this soup are the cream-coloured variety.

2½ pints veal stock

1 onion, sliced

8 ozs. lentils

sprig of mint

4 ozs. potatoes

salt and pepper

Place all ingredients in a pan, bring to the boil, and simmer till tender. Press all through a fine sieve, re-heat, and serve with fried croûtons.

## PURÉE CHARTREUSE

2½ pints chicken stock

2 ozs. butter

1 lb. cauliflower

2 ozs. cooked tapioca

1 sliced onion

seasoning to taste

Place stock, cauliflower, onion and seasoning in a pan, bring all to the boil and cook till cauliflower is tender. Press all through a fine sieve. Return soup to pan, re-heat, and beat in the butter. Add the cooked tapioca and serve.

(Yield: 8 portions).

## PURÉE OF CHESTNUTS

Procure 3 lbs. of chestnuts, split them across with a pointed knife, plunge them into a stewpan with boiling water and allow to boil 3 minutes, drain well, and put into a frying pan with a piece of butter, place over a quick fire for 5 minutes, cover over with a cloth, and remove shells while hot.

Place the prepared chestnuts in a large stewpan with 3 quarts of good stock. Cook slowly until the chestnuts are tender, rub through a fine sieve, return to the stewpan, dilute with more stock if necessary, season with salt, pepper,

and a little sugar and grated nutmeg; stir over the fire until it boils, add by degrees 6 oz. butter, and bind with 3 egg-yolks and  $\frac{1}{2}$  gill cream. Serve with croûtons of fried bread. (Yield: 15 portions).

### PURÉE CONDÉ

2 $\frac{1}{2}$ pints ham stock	1 sliced onion
1 lb. red haricots	2 ozs. butter
	pepper to taste

Proceed as for Purée Chartreuse. A little ham, cut in very small dice, may be added as a garnish.

N. B. No additional salt should be required for this soup, as the ham stock will be slightly salty. (Yield: 8 portions).

### PURÉE CONSERVATIVE

2 $\frac{1}{2}$ pints veal stock	8 ozs. cream or evaporated milk
1 lb. potatoes, diced	small sprig of mint
$\frac{1}{2}$ lb. carrots, diced	salt and pepper

Place stock, potatoes, carrots, mint and seasoning all in a pan, bring all to the boil and simmer till carrots are soft, press all through a sieve, not too fine so that the carrots show as pink specks through the potato purée. Re-heat the soup, add cream, and serve with small diced new potatoes and slices of very young carrots. (Yield: 8 portions).

### PURÉE À LA CRÉCY

*See Crécy Soup, and its history on page 170.*

### PURÉE OF CUCUMBERS

Peel 4 cucumbers, and cut in slices. Put them in a pan with 2 quarts of cold water, season with salt, and bring to a boil. Then drain off the water, cool in cold fresh water, and drain again. Put 3 ounces of butter in a pan, add the cucumbers, cover, and simmer in the oven for 30 minutes. Then remove from oven, set on top of range, add 3 tablespoonfuls of flour, simmer, then add 1 quart of boiling milk and 1 quart of chicken broth, and boil for 20 minutes. Strain through a fine sieve, put back in pan, season with salt, pepper and a pinch of sugar, add 2 ounces of butter and a cupful of heated cream. When butter is melted, add some bread that has been cut in small squares and fried in butter, and serve. (Yield: 12 portions).

### PURÉE D'ARTOIS

Same as Purée of Peas.

### PURÉE DAUPHINE

2½ pints ham stock	1 onion, diced
1 lb. shelled peas	2 ozs. butter
1 lb. tomatoes, diced	pepper to taste

Place all ingredients, except butter, in a pan, bring to the boil, and simmer till vegetables are soft. Press all through a sieve, re-heat, add butter, stir well. Add as a garnish 2 ozs. of ham cut julienne style. (Yield: 8 portions).

### PURÉE DIANE

2½ pints game stock	2 ozs. red currant jelly
1 lb. purée of mixed game meats	1 sliced onion
2 ozs. fine tapioca	pinch of thyme
salt and pepper	

Proceed as instructions give for Purée Alexandra. Garnish the soup with medium sago. (Yield: 8 portions).

### PURÉE DUSTAN

Another name for Purée of White Haricots (see *Purée Condé*), using white haricots in place of red.

### PURÉE FAUBONNE

Proceed as for Purée à la Chantilly. Garnish the soup with 2 ozs. cooked carrots, 2 ozs. leeks, 2 turnips, all cut julienne style.

### PURÉE FLAMANDE

2½ pints white stock	1 lb. turnips, diced
(vegetable stock will do)	½ lb. onions, grated
1 lb. potatoes, diced	2 ozs. butter
salt and pepper	

Cook all ingredients together till vegetables are soft. Press all through a fine sieve. Garnish with very tiny new potatoes. Serve very hot. (Yield: 8 portions).

### PURÉE OF GAME

Cut up the carcasses or meat of almost any kind of game, such as grouse, pheasants, hares, venison, etc. Cut in pieces and add 1 carrot, an onion, 2 bay leaves, 2 cloves, a piece of celery, a little thyme, some pepper berries and 4 ounces of butter. Roast all together until nice and brown. Add a cup of flour



and simmer again until the flour is of a brownish colour. Then add 3 pints of bouillon, or stock, and boil for an hour. Strain, pressing all the soft parts of the game through the sieve, and season with salt and cayenne pepper. Before serving, add  $\frac{1}{2}$  glass of dry sherry or madeira.

### PURÉE OF GAME, ST. HUBERT

Add to above soup some square-cut pieces of roasted game, before serving, and blend in 8 ozs. red currant jelly to each 3 pints of soup.

(See also, *Purée of Pheasant St. Hubert*).

### PURÉE OF GREEN ASPARAGUS

Heat in a pan 3 ounces of butter, then add 3 ounces of flour and 4 pounds of green asparagus cut in small pieces, 1 quart of milk, 1 quart of chicken broth or bouillon, a bouquet garni, a little salt, and 1 teaspoonful of sugar. Boil for an hour, and strain through a very fine sieve. Then put back in casserole and add the yolks of 2 eggs mixed with 1 cup of cream. Cut some bread in small squares, fry in butter, and add just before serving.

(Yield: 10 portions).

### PURÉE GRENADE

2 $\frac{1}{2}$  pints veal stock

2 lbs. washed and sliced leeks (white parts only)

8 ozs. cream or evaporated milk

salt and pepper

Boil leeks in stock till soft, press all through a fine sieve. Re-heat soup, add seasoning and cream, and serve with green leek leaves cut julienne style.

(Yield: 8 portions).

### PURÉE À L'IRLANDAISE

As above, using 1 lb. sliced potatoes and only 1 lb. sliced leeks. Use the same style garnish.

### PURÉE JUBILÉE

As Purée Grenade, using 2 lbs. fresh tomatoes and  $\frac{1}{2}$  lb. mushrooms, in place of the leeks. Garnish the soup with sliced mushroom sauté.

### PURÉE OF LENTILS

Put in a pan 1 pound of well washed lentils and 1 quart of stock. Skim when it comes to a boil, and salt. Put in sauté pan an onion, carrot, bay leaf,

clove, some parsley, celery, leek, whole black pepper, a ham bone or small piece of bacon, and a piece of butter, and allow to simmer. Add to the lentils, and boil. When done, strain through sieve and serve with small dices of bread fried in butter.

### PURÉE OF LENTILS WITH TAPIOCA

Mix 1 quart of Purée of Lentils with 1 pint Consommé Tapioca.

### PURÉE OF LIMA BEANS

Take a can of Lima beans, or a quart of fresh beans, put in vessel, cover with chicken broth or bouillon and boil till done. Then strain through a fine sieve, put back in vessel, add 2 ounces of butter, and season to taste. Serve with small squares of bread fried in butter.

### PURÉE LIVONNIENNE

2½ pints vegetable stock	1 oz. ground rice
1 lb. potatoes, diced	2 ozs. butter
½ lb. leeks, sliced	salt and pepper
½ lb. turnips, diced	2 eggs
4 ozs. cream or evaporated milk	

Place stock and vegetables in a pan, bring to the boil, simmer for 20 minutes, then add ground rice, cook a further 10 minutes, now stir in the butter. Press all through a sieve. Return soup to pan, taste for seasoning, re-heat, combine eggs with cream and add to the soup at the moment of serving.

*(Yield: 8 portions).*

### PURÉE MANCELLE

2½ pints rich game stock	salt and pepper
1 lb. purée of mixed game meats	2 ozs. butter
1 lb. roasted chestnuts	2 stalks of celery

Pound game meats to a purée in a mortar with 2 ozs. of butter, next place all ingredients in a pan, bring to the boil and cook till chestnuts are soft. Press all through a very fine sieve. Re-heat soup, add a glass of port wine, and serve.

*(Yield: 8 portions).*

### PURÉE MONGOLE

Equal parts of Purée of Tomatoes and Purée of Carrots blended together, garnished with a julienne of carrots.

## PURÉE PALESTINE

2½ pints veal stock  
2 lb. peeled Jerusalem artichokes  
2 leeks, sliced  
salt and pepper  
2 ozs. butter

Place ingredients on stove to boil, cooking till vegetables are soft, press all through a sieve, re-heat and serve. 6 ozs. of cream or evaporated milk added at the last moment will improve the soup. (Yield: 8 portions).

## PURÉE PAYSANNE

Slice a carrot, an onion, a turnip, ½ stalk of celery, 2 stalks of leeks, 3 leaves of cabbage, ½ lb. fresh vegetable such as asparagus or tomatoes. Put them in a pan with ½ lb. fresh peas, and ¼ lb. fresh Lima Beans. Cover with 2 quarts of bouillon and cook until soft. Strain through a fine colander, put back in the vessel, bring to a boil, season with salt and pepper, add 2 ozs. of butter and mix well.

## PURÉE OF PEAS

Soak ¼ lb. green split peas in cold water for 3 hours. Wash well and put on fire in cold water.

Put in sauté pan 1 sliced onion, carrot, stalk of leek, a little celery and parsley, a bay leaf and clove, and a ham bone or skin of bacon or salt pork. Simmer in butter until soft. Add the peas and boil together until soft. Salt and pepper to taste and strain through sieve. If too thick, add some stock or broth of any kind.

(See also *Split Pea Soup, I and II*, pages 207 and 208).

## PURÉE OF PEAS AND TOMATOES

1 lb. fresh peas	1 sprig of mint
1 lb. tomatoes	3 pints clear stock
1 sliced onion	1 oz. sugar
	3 ozs. butter

Place all ingredients in a pan except the butter, bring to the boil and simmer till vegetables are tender. Press all through a sieve, re-heat soup, add butter and mix in well. Season to taste and serve.

## PURÉE OF PEAS AUX CROÛTONS

Proceed as for Purée of Peas, adding bread cut in small dices and fried in butter.



## PURÉE OF PEAS, VARSOVIENNE

Proceed as for Purée of Peas, adding fried thin-sliced bacon.

## PURÉE OF PEAS, WITH NOODLES

Make a Purée of Pea soup, and to each quart add 3 ozs. boiled noodles.

## PURÉE OF PHEASANT, ST. HUBERT

Remove the breast of a roasted pheasant and cut in small squares. Put the rest of the pheasant in a pot and cover with 2 quarts of bouillon, add a bouquet garni, and boil for 1 hour. In a saucepan put 3 ounces of butter; when hot add 3 tablespoonfuls of flour and allow to become nice and brown. Then strain the broth into the saucepan and boil for 30 minutes. Chop the pheasant very fine and add to the soup, boil again, and strain through a fine sieve. Season with salt and pepper, add the cut-up pheasant breast, and a glass of fine dry sherry. (Yield: 8 portions).

## PURÉE À LA PLUCHE

2½ pints onion stock  
2 lbs. potatoes, sliced

1 sprig of mint  
seasoning to taste

*add later*

8 ozs. cream or evaporated milk      8 ozs. julienne of carrots

Boil potatoes in onion stock with the sprig of mint till soft. Press all through a fine sieve and return to pan, add julienne of carrots, re-heat for 5 minutes, add cream and serve at once. (Yield: 8 portions).

## PURÉE À LA POLONAISE

Proceed as for Purée à la Pluche, leave out the carrots, adding 2 ozs. cooked macaroni. Serve with grated cheese. (Yield: 8 portions).

## PURÉE À LA PORTUGAISE

Proceed as for Purée à la Pluche, using 2 lbs. sliced Portugal onions. Leave out the mint and carrots.

## PURÉE OF POTATOES

Peel 4 well-washed white potatoes, and cut in pieces. Put in a pan with 1 quart of stock and 2 cut-up stalks of leeks, and boil until done. Then strain through a fine sieve, put back in pan, season with salt and pepper, add 2 ozs. butter, and stir well until the butter is melted. (Yield: 6 portions).

## PURÉE OF RED KIDNEY BEANS

Soak 3 pounds of dry red kidney beans in cold water overnight. Then put on fire with 2 quarts of cold water, 1 ounce of salt, a ham bone, an onion, a carrot and a bouquet garni. Skim well, and when it boils, cover and cook until soft. Remove the ham bone, carrot, onion and bouquet garni, and strain the beans through a fine sieve. Put back in pan, boil again, then season with salt and pepper, and add 3 ounces of butter, little by little, and stir well until thoroughly melted. Serve with bread cut in small squares and fried in butter.  
(Yield: 12 portions).

## PURÉE À LA REINE MARGOT

2½ pints chicken stock	1 lb. potatoes, diced
1 lb. chicken purée	1 leek, sliced
seasonings to taste	

*Add later:* 2 eggs, combined with 8 ozs. cream or evaporated milk.

Prepare chicken purée from white meat, add to stock, potatoes and leek, bring all to the boil and simmer till vegetables are soft. Press all ingredients through a sieve. Re-heat soup, season to taste, and just before serving add the combined eggs and cream.  
(Yield: 8 portions).

## PURÉE À LA RÉUNION

2½ pints court bouillon (which see)	2 ozs. flour
1 lb. cooked white fish	sprig of parsley
2 ozs. butter	salt and pepper
	8 ozs. peeled shrimps
8 ozs. cream or evaporated milk	

Melt butter in a pan, combine flour and gradually add the hot court bouillon, stir constantly over heat till smooth and creamy, add parsley and fish, and cook 10 minutes. Press all through a sieve. Re-heat, season to taste, add shrimps, and just before serving add the cream.  
(Yield: 8 portions).

## PURÉE ST. LOUIS

Proceed as for Purée à la Pluche, using 1 lb. carrots and 1 lb. turnips instead of all potatoes.  
(Yield: 8 portions).

## PURÉE ST. MARCEAU

2½ pints ham stock	1 lettuce
1 lb. shelled peas	pepper to taste
1 lb. leeks, shredded	8 ozs. cream or evaporated milk

Place stock, peas and leeks in a pan to boil, simmer till tender. Press all through a sieve, re-heat, taste for seasoning, add one small lettuce cut in shreds, simmer one minute, add cream and serve. (*Yield: 8 portions*).

### PURÉE OF SORREL

3 lbs. sorrel	3 ozs. butter
2½ pints seasoned stock	3 ozs. flour
seasoning to taste	

Cook sorrel in a little salt water, strain and press through a sieve. Combine sorrel with boiling stock, add creamed butter and flour and stir constantly till creamy. Taste for seasoning and serve. Cream or evaporated milk may be added if desired. (*Yield: 8 portions*).

### PURÉE SOUBISE

Cook 2 lbs. sliced onions in 2 pints chicken stock till onions are soft. Press all through a sieve, re-heat, season to taste. Just before serving add 8 ozs. hot cream or evaporated milk. Do not allow soup to boil or stand too long before serving, once cream is added. (*Yield: 6 portions*).

### PURÉE OF SPINACH

Bring to a boil 2 quarts of chicken broth, add 1 peck of well washed spinach and 2 ounces of butter, and boil for an hour. Strain through a fine sieve, and put back in the pan. It should now be of the thickness of a purée of pea soup. Season well with salt and pepper, and stir in, while boiling, ¼ pound of butter. Serve with small squares of bread fried in butter.

### PURÉE À LA STAMBOUL

2½ pints chicken stock	2 ozs. ground rice
2 lbs. tomatoes	2 ozs. butter
1 onion, sliced	salt and pepper

Boil tomatoes and onion in stock till soft. Cream butter and ground rice together, add to soup, stirring constantly till thick and smooth. Strain all through a sieve. Re-heat soup, taste for seasoning and serve with a garnish of washed cooked rice. (*Yield: 8 portions*).

### PURÉE OF TOMATOES

Put in a saucepan one sliced onion, a little celery and leek, one bay leaf, one clove, a spoonful of whole peppers, piece of butter, piece of ham bone



or bacon rind, and allow to simmer. Then add 1 quart of fresh or canned tomatoes, salt, and a teaspoonful of sugar. When cooked, add a piece of butter. Strain well. (Yield: 6 portions).

### PURÉE OF TOMATOES, WITH RICE

Add one-half cup of boiled rice to each portion of purée of tomatoes.

### PURÉE OF TURNIPS CAROLINE

Use chicken or veal stock and proceed as for a Purée Soubise, using turnips in place of onions. Barley in liberal quantities is used as a garnish.

### PURÉE OF VEGETABLE MARROW

1½ pints white stock	1 pint hot milk
3 lbs. sliced vegetable marrow	2 ozs. butter
1 onion, sliced	2 ozs. flour

seasoning to taste

Cook marrow and onion in the stock till soft, press through a sieve and return to the pan. Add milk, and bring all to the boil. Add butter and flour previously creamed together, stirring constantly till creamy. Season to taste and serve. (Yield: 8 portions).

### PURÉE OF WHITE BEANS

Soak 2 pounds of white beans overnight. Put in pot and cover with stock or bouillon. Cook until soft, strain through a fine sieve, put back in pot and add enough bouillon to make a soup. Season to taste, add 2 ounces of butter, and serve small squares of bread fried in butter separately. (Yield: 8 portions).

### PURÉE OF WHITE BEANS ALLEMANDE

Make a Purée of White Beans, as above. Add four Frankfort sausages, peeled and cut in thin slices.

### PURÉE OF WHITE BEANS, SOUBISE

Soak 2 pounds of white beans in cold water overnight. Then put on fire with 2 quarts of water, 6 whole white onions, 1 bouquet garni, 1 ham bone, and 2 pounds of veal bones. Season with salt; and skin when it comes to a boil. When the beans are soft, remove the bouquet garni, ham and veal bones, strain the rest through a fine sieve, and put back on the fire. Bring to a boil, and stir in 3 ounces of butter, adding it little by little. Season with salt and pepper, and if too thick add a little bouillon. Serve separately some small squares of bread fried in butter. (Yield: 10 portions).

## THICK SOUPS

## THICK ASPARAGUS SOUP

Take a good bundle of asparagus with plenty of green stems. Wash well and place in 3 pints boiling veal stock. Continue boiling until asparagus is quite soft; then rub through a fine sieve. Return soup to the pan, add a good knob of butter, season to taste and serve with croûtons of fried bread.

(Yield: 8 portions).

(See also *Purée of Green Asparagus and Cream of Asparagus*).

## THICK CABBAGE SOUP

1 lb. pickled pork and	4 ozs. minced onion
3 pints water <i>or</i>	4 ozs. tomatoes
3 pints ham stock	2 ozs. bacon fat
2 lbs. cabbage	salt
	paprika

Fry diced pork, sliced cabbage, tomatoes and onion in the bacon fat. When half cooked, add the water or stock and continue to simmer until all is tender. Thicken with 2 ozs. flour mixed with  $\frac{1}{4}$  pint sour cream, and just before serving add a further  $\frac{1}{4}$  pint of sour cream.

(Yield: 8 portions).

(See also *Cream of Cabbage*).

## THICK GIBLET SOUP (Poultry or Game)

2 lbs. cleaned giblets	1 sprig thyme
4 pints water	1 sprig parsley
2 ozs. minced onion	2 ozs. flour
2 large carrots, sliced	2 ozs. butter
2 stalks celery	salt and pepper

Sauté vegetables in the butter with the giblets till well browned. Add flour and stir well. Combine water slowly, stirring constantly till thick and smooth.

Add herbs and simmer for 2 hours. Strain, forcing as much of the vegetables and giblet meat through the sieve as possible. Season to taste. Serve with fried croûtons. (Yield: 8 portions).

(See also *Giblet Soup à l'Anglaise*).

### THICK GOAT SOUP

3 lbs. neck or forequarter of goat	1 bay leaf
5 pints water	2 sprigs parsley
4 ozs. minced onion	1 sprig thyme
2 sliced carrots	2 ozs. flour
3 stalks celery	2 ozs. butter

salt and pepper

Cut up the goat meat into small pieces and simmer in water for 2 hours. Meanwhile, sauté the vegetables in the butter till brown, add flour and brown a little more. Add to soup and stir well. Add herbs and seasoning. Cook for 30 minutes longer. Strain well, and serve with some diced goat meat and fried croûtons. (Yield: 8 portions).

### THICK GRAVY SOUP

The broth from all meats is, in fact, meat gravy. Left-over joints and scraps of meat may be simmered and used for the base of a gravy soup. Poultry giblets, browned in the oven and simmered with the poultry carcasses, will also form a good base for a gravy soup.

Place in a pan all the bones, meat scraps and gravy from the left-over joint, cover with cold water and simmer for 2 hours. The strained liquor may be thickened with cornflour, arrowroot or roux, as desired, and seasoned to taste.

Left-over vegetables thrown in as a garnish will furnish a supper dish.

### THICK GROUSE SOUP

For this delicious soup only whole grouse will do; the bones would not be sufficient on their own.

Take 2 grouse and roast them. When cooked, remove the meat from the bones, place the bones in a pan with a glass of dry sherry, a sliced onion, a carrot, 2 stalks of celery, 2 cloves, a blade of mace and a sprig of thyme. Simmer all these for 15 minutes, then pour in 3 pints of good brown stock, simmer for 2 hours and strain. In the meantime, cut the fillets of meat into dice and mince all the leg meat and oddments three times through the mincer, using the fine plate. Mix this minced meat with 2 ozs. ground rice and 2 ozs. butter, then add it to the stock and boil till it is thick and creamy, stirring all the while. Add the diced fillets of grouse, season to taste and serve.

(Yield: 8 portions).



## THICK HARE SOUP

Cut a good-sized hare into pieces, saving all the blood. Place the hare in a stewpan with 4 stalks of celery, 2 onions, 2 carrots, all sliced, a sprig of thyme, 1 bay leaf, a blade of mace, and 2 cloves, with 4 ozs. melted butter, and brown well. Sprinkle in 4 ozs. flour, toss well, and moisten with 2 large glasses of port wine. Now add 6 pints of good brown stock, and the blood, and simmer all for 2 hours.

Take out the pieces of hare, putting the best pieces aside and pounding the remainder to a pulp. Stir in the pounded meat, simmer 10 minutes, then strain. Re-heat soup, add some cubed meat from the pieces set aside, season to taste and serve.

Unless one can obtain a small hare and stew the best back pieces, using the forequarter only for the soup, it would be impossible to make this soup in small amounts. However, if the forequarter only is used and half the ingredients as given above, the yield would be 8 portions.

## THICK JARDINIÈRE SOUP

See *Potage Jardinière*. Proceed as details given, but at the moment the vegetables are soft, everything is forced through a fine sieve.

Serve with a sprinkling of freshly chopped green herbs. (*Yield: 8 portions*).

## THICK KIDNEY SOUP

4 pints brown stock	salt and pepper to taste
1 lb. ox kidney	2 ozs. butter
$\frac{1}{2}$ tablespoon of chopped parsley	1 oz. flour
2 ozs. finely chopped onion	

Cut kidney into small-dice and sauté in the butter, with onion and parsley. Add stock and seasoning, and simmer very gently  $1\frac{1}{2}$  hours.

Make a paste with the flour and a little water, and thicken the soup. Allow to simmer another 15 minutes, and serve.

If preferred, the soup may be forced through a sieve, making a purée of the kidney. (*Yield: 8 portions*).

## THICK MACARONI SOUP

Prepare 3 pints of good gravy or shin of beef soup. Garnish with 6 ozs. macaroni cooked in salted water and cut in 1 inch pieces. (*Yield: 8 portions*).

## THICK MILK SOUP

See *Potage au Lait* or *Buttermilk Soup (Chilled)*, No. I, or *Buttermilk Soup*, No. II. Pages 161—162.

## THICK MOCK TURTLE SOUP

1 calf's head	6 ozs. flour
8 pints water or veal stock	4 stalks celery
4 large carrots	2 cloves of garlic
4 onions	1 bay leaf
2 turnips	2 blades of mace
12 black peppercorns	$\frac{1}{2}$ oz. basil
6 ozs. butter	$\frac{1}{2}$ oz. marjoram
	$\frac{1}{2}$ oz. thyme

Remove scalp, tongue and brain from the head. Chop up the brain, and place with scalp and tongue in a pan with the water or stock and simmer till scalp is tender (approximately 2 hours). Lift out the scalp and tongue. Press the scalp between two dishes and set aside to cool. In the meantime, cook all the vegetables in the butter till dark brown, add the flour and toss well. Add the vegetable mixture to the stock, stirring constantly till thick and creamy. Now add the herbs and simmer for another hour. Strain the soup and return it to the pan. Re-heat, skim well, add 2 glasses of sherry and season to taste. Now add the scalp meat cut into neat squares and the tongue cut julienne style. (Yield: 20 portions).

N.B. If a smaller amount is required, use half the head for Calf's Head Financière, and with the remaining half head use half the ingredients given above. The yield would then be 10 portions.

## THICK MULLIGATAWNY SOUP

4 pints good mutton stock	1 tablespoon curry powder
2 large apples	2 ozs. flour
2 onions	2 ozs. dripping
2 carrots	juice of a lemon
	salt

Brown the sliced apple and vegetables in the dripping, add flour and curry powder and brown a little more, then add the stock slowly. Simmer till reduced to three-quarters of its original volume. Press all through a sieve, return to pan, add lemon juice. Garnish with 4 ozs. cooked rice and 2 ozs. scalded sultanas. (Yield: 8 portions).

(See also *Chicken Mulligatawny*).

## THICK OX CHEEK SOUP

Prepare as for ox tail soup, adding 2 lbs. of ox cheek in place of the ox tail. Omit the port wine.

## THICK OX TAIL SOUP

Now for England's favourite—and make it good!

1 ox tail	3 stalks celery
2 carrots	little marjoram, basil and thyme
1 turnip	small handful of parsley
2 onions	1 bay leaf
6 black peppercorns	1 blade of mace
8 ozs. home cured ham (cubed)	3 ozs. flour
4 pints beef stock	4 ozs. butter

Cut the ox tail at the joints, cutting the large pieces into four (or more, as the case may be). Place the tail, vegetables and diced ham all in a pan with the melted butter, toss and sauté well till well browned, add flour and toss again till flour is browned as well. Now add boiling stock gradually, stirring constantly till smooth. Add herbs and simmer gently till the meat is done. Lift out the meat, strain the soup and re-heat; add some mixed cooked vegetables, seasoning to taste, and a glass or two of good port wine. Now add the pieces of tail, serving very hot. *(Yield: 10 portions).*

## THICK PARTRIDGE SOUP

Prepare as for Thick Grouse Soup, substituting 3 partridges for the 2 grouse.

## THICK PHEASANT SOUP

Prepare as for Thick Grouse Soup, substituting pheasants for grouse.

## THICK RABBIT SOUP

1 rabbit	1 sprig of thyme
1 carrot, sliced	2 springs of parsley
1 onion, sliced	1 blade of mace
1 turnip, sliced	2 ozs. barley
seasoning to taste	8 ozs. cream or evaporated milk

Roast the rabbit. When done, remove the meat. Place the bones and all other ingredients in a pan, cover with water, and simmer for 1 hour. In the meantime, mince the rabbit meat through the fine plate four times, add this to the soup and simmer another 30 minutes. Strain the soup, season to taste, add 8 ozs. cream or evaporated milk, and serve. *(Yield: 10 portions).*

## THICK RICE SOUP

3 pints veal stock	a flick of nutmeg
1 onion, sliced	2 ozs. cooked whole rice
1 carrot, sliced	4 ozs. cream or evaporated milk
2 ozs. ground rice	salt to taste



Place stock and sliced vegetables in a pan, boil and add ground rice slowly, stirring constantly till cooked. Strain, and return soup to the pan. Add a little salt, the cooked whole rice and the cream. Serve with a flick of ground nutmeg to each plate. (Yield: 8 portions).

### THICK SAGO SOUP

Prepare as for Thick Rice Soup, using 2 ozs. powdered sago in place of the ground rice, and cinnamon in place of the nutmeg.

### THICK SHIN OF BEEF SOUP

2 lbs. shin of beef	1 oz. flour
5 pints water	1 onion, sliced
2 ozs. dripping	1 carrot, sliced
1 sprig thyme	1 small turnip, sliced
1 sprig parsley	1 bay leaf
salt and pepper	

Brown vegetables in the dripping, add the water and diced shin of beef, the herbs and seasonings, and simmer for 3 hours. Skim and strain. Return soup to the pan and thicken with the flour mixed with a little cold water. Garnish with haricot beans and macaroni. (Yield: 8 portions).

### THICK SOUP WITHOUT MEAT

For those who prefer a strictly vegetarian soup, any one of the vegetable soups can be made with vegetable stock, even if veal or chicken stock is shown in the original recipe. The great art in making a full flavoured vegetable soup is quick handling and no stewing or long cooking of the vegetables. Small diced vegetables will cook quicker and retain their garden freshness more readily than just chunks of vegetables.

### THICK SPRING SOUP WITHOUT MEAT

*See Potage Jardinière.* Use 2 ozs. ground rice to thicken the soup and see that the vegetables are all fresh and cooked separately, so that each flavour is distinct.

### THICK TOMATO SOUP

This definition should not be confused with Cream of Tomato soup. Oh no! A soup might be *thick* so and so, but that does not entitle it to be called "Cream of——." If you are looking for Cream of Tomato soup, it will be found under that title and no other.

Having cleared the air and the soup, now for Thick Tomato soup:

2 lbs. ripe tomatoes	2 sprigs of parsley
1 sliced carrot	3 pints veal stock
1 sliced onion	4 ozs. white roux
4 ozs. diced ham	salt and pepper to taste

Place all ingredients except roux in a pan and bring to boil. Simmer 1 hour and press all through a sieve. Return soup to pan, add roux and stir till soup boils and thickens. Season to taste and serve.

### THICK TURKEY SOUP

4 pints white stock	1 blade mace
1 turkey carcase	1 bay leaf
1 large onion	pepper and salt
2 ozs. cooked macaroni	2 ozs. ground rice

Break up the turkey carcase and place in a pan with stock, onion, herbs and seasonings. Simmer slowly for 2 hours. Strain, and return soup to pan. Run in the ground rice and stir constantly till soup thickens. Add cooked macaroni cut in 1 inch pieces and serve.

### THICK VEGETABLE SOUP

2 carrots	4 stalks celery
1 large turnip	2 ozs. butter
1 large onion	1½ ozs. flour
1 leek	1 pint milk
salt and pepper	1 pint water

Slice vegetables and sauté all in the butter. Add water and cook till all are soft. Press all through a sieve and return to the pan. Add  $\frac{3}{4}$  pint boiling milk. Make a paste with the flour and remaining  $\frac{1}{4}$  pint cold milk. Add to soup and stir till thick and creamy. Serve with fried croûtons. (Yield: 6 portions).

### THICK WINTER SOUP

2 lbs. white cabbage, sliced	1 oz. butter
1 onion, sliced	1 pint milk
1 leek, sliced	1 oz. ground rice
2 pints water	salt and pepper

Sauté onion and leek in the butter, blanch cabbage and drain, add to other vegetables and cook 10 minutes more. Add water and cook till vegetables are soft. Add ground rice and cook till creamy. Lastly, add scalded milk and seasonings.

## MISCELLANEOUS SOUPS

## ALE SOUP

- |                               |                              |
|-------------------------------|------------------------------|
| 2 × 1 pint bottles strong ale | juice of $\frac{1}{2}$ lemon |
| 1 stick cinnamon (3 inch)     | 2 strips of lemon peel       |
| 8 ozs. potato (well mashed)   | 1 oz. sugar                  |
|                               | salt                         |

Place all ingredients in a pan and boil for 5 minutes. Strain and serve.  
(Yield: 5 portions).

## ALMOND MILK SOUP

- |                       |                                 |
|-----------------------|---------------------------------|
| 2 pints new milk      | 2 eggs                          |
| 8 ozs. ground almonds | 4 ozs. cream or evaporated milk |
- Scald milk with ground almonds. Combine eggs with cream, add liaison to almond milk, hold heat for 2 minutes but do not allow to boil. Serve at once, with flaked almonds.  
(Yield: 6 portions).

## APRICOT SOUP

- |                 |   |
|-----------------|---|
| 6 ripe apricots | 1 × 2 inch stick cinnamon                 |
| 1 oz. arrowroot | $\frac{1}{2}$ pint white wine             |
| 1 oz. sugar     | $\frac{1}{2}$ pint water or apricot syrup |
- Cook the apricots gently to a pulp in water, with the sugar, arrowroot and cinnamon. Press all through a sieve and set aside.  
Heat the wine and syrup or water, add apricot pulp. Taste for sugar. Serve with Melba toast.  
(Yield: 3 portions).

## ARABIAN MUTTON SOUP (Chervah)

- |                            |                                       |
|----------------------------|---------------------------------------|
| 1 lb. breast of mutton     | $\frac{1}{2}$ lb. vermicelli (cooked) |
| 2 pints water              | 1 lb. onions (sliced and browned)     |
| $\frac{1}{2}$ lb. tomatoes | 1 oz. chopped mint                    |
|                            | salt and pepper                       |



Place diced breast of mutton, water, tomatoes, onions and mint, in a pan and simmer for 2 hours. Add cooked vermicelli. Taste for seasoning and serve. (Yield: 5 portions).

### ARMENIAN RICE SOUP

3 pints mutton stock	3 ozs. butter
1 cucumber, peeled and diced	2 ozs. flour
1 large lettuce, shredded	4 ozs. rice
seasoning to taste	

Sauté diced cucumber and shredded lettuce in the melted butter for about 10 minutes. Add 2 ozs. flour and toss well. Add boiling stock gradually and stir constantly. Cook rice in plenty of water, rinse well and add to soup. Taste for seasoning and serve. (Yield: 8 portions).

### BAKED BEAN SOUP

3 slices bacon, diced	1 oz. butter
1 × 1 lb. can baked beans	1 teaspoon salt
2 pints cold water	dash pepper
1 oz. flour	dash paprika

Sauté bacon in a pan. Add beans and cold water and cook until beans are soft, then rub through a strainer. Return to pan and re-heat, and add a little more water if needed. Blend flour, butter, salt, pepper and paprika. Add to beans and cook 2 to 3 minutes, stirring constantly. (Yield: 5 portions).

### BAKED COTTAGE SOUP

Soak 1 lb. of split peas overnight. The next morning cut 1 lb. ham into small pieces and place in an earthenware casserole with alternate layers of sliced onions and carrots. Over these put the drained peas, add a little salt and pepper and 6 pints of water. Bake 3½ to 4 hours in a moderate oven. Usually, such a baked soup is drained before serving, but for myself, use the casserole as the soup tureen straight out of the oven and—well, try it!

### BAKED SOUP

2 pints water	1 oz. rice
1 lb. neck of beef	1 onion, sliced
4 ozs. split peas	1 carrot, sliced
salt and pepper	

Cut meat into cubes and place in casserole in layers with onion, carrot, peas and rice. Cover with the water, add salt and pepper. Cover closely and cook in slow oven 3 to 4 hours. (Yield: 6 portions).

## BARLEY SOUP

3 pints veal stock	$\frac{1}{2}$ oz. minced parsley
1 turnip, sliced	2 stalks celery
1 onion, sliced	salt and pepper
3 ozs. pearl barley	

Cook the vegetables in the stock till tender. Meanwhile, cook the barley in salt water. Strain stock, add barley, and simmer another 30 minutes.  
(Yield: 8 portions).

## BEAN AND CABBAGE SOUP

Soak 1 pound of white beans in water overnight. Put in a pan  $\frac{1}{2}$  pound of salt pork, 1 pound of shin of beef, 4 pints of cold water, and a tablespoonful of salt. Bring slowly to a boil, and skim well. Add the beans, and boil for an hour. Then add a small head of cabbage that has been cut in 1 inch squares, 1 onion, 1 carrot, a bouquet garni, and 1 mashed clove of garlic. Boil slowly for 2 hours, then remove the pork, beef, carrot, onion and bouquet garni. Season to taste with salt and pepper, and add a little chopped parsley.  
(Yield: 10 portions).

## BEEF SOUP

1 lb. shin or neck of beef	1 oz. dripping
1 onion, sliced	3 pints water
1 turnip, sliced	salt and pepper
1 carrot, sliced	3 ozs. rice

Melt the dripping and add onion, frying to a golden brown. Now add diced beef and toss till nice and brown. Now add the water. Let it come to the boil, and remove all scum and fat. Add sliced carrot, turnip and rice. Simmer all for 2 hours, stirring occasionally. Season with salt and pepper, and serve.  
(Yield: 8 portions).

## BEEF TEA

Of good beef tea it is said it makes the hale man envy the sick.

Real Beef Tea is cooked in the oven, usually in an earthenware casserole pot. Our grandmothers had special lidded iron pots in which the tea was made, and the meat was used for potted beef; for this really was potted beef, and not the silly little glass jars of paste we know to-day.

Well, in case the invalid is waiting, here is the recipe:

- 2 lbs. English neck of beef (without fat)
- 3 pints cold water
- pinch of salt

Neck of beef contains the goodness required, so do not be put off with any other cut.

Cut the beef into 1-inch cubes, place in the casserole; together with water and salt. Cover tightly. Cook for 2½ hours in a moderate oven at 350° F. Strain off the liquid and hurry it along to the invalid piping hot.

By the way, make sure that the lid fits tightly on the casserole. It ensures the flavour being retained and that flavour is wanted to pep up the invalid's appetite.

Oh yes! the beef: pass it through the mincer three times, with 2 ozs. of butter, and you will have the filling for the loveliest potted beef sandwiches you have ever tasted. Season to your liking. *(Yield: 6 cups).*

### BEEF WITH BARLEY

3 pints beef stock	2 ozs. fat
1 onion, diced	1 turnip, diced
1 carrot, diced	1 clove
2 stalks celery, sliced	4 peppercorns
2 ozs. barley	2 ozs. thinly sliced cabbage
sprig each of parsley and thyme	

Brown vegetables (except cabbage), and barley, in fat. Add stock and seasonings. Simmer 1 hour. Remove herbs, add cabbage, simmer 20 minutes, and serve. *(Yield: 8 portions).*

### BEET AND CELERY SOUP

See Cabbage and Beet soup. Use 1 small root of celery in place of the cabbage and then proceed as for recipe given.

### BELGIUM CHICKEN SOUP

(A soup and a complete meal).

1 4-pound stewing chicken	2 ozs. diced carrots
½ lemon	¼ oz. minced parsley
2 onions	1 sprig thyme
2 cloves	1 bay leaf
2 ozs. diced celery	2 teaspoons salt
3 leeks, minced	¼ teaspoon pepper
2 glasses dry white wine	

Clean chicken, leaving it whole. Rub thoroughly with lemon and place in a large pan. Add water to half-cover chicken and heat to boiling. Peel onions, leaving them whole, and insert 1 clove in each onion; add to chicken with remaining ingredients. Cover pan and simmer slowly until chicken is



tender. When ready to serve, remove chicken from broth and carve it, placing the carved pieces in a soup tureen. Cover with broth and garnish with sprigs of parsley. Serve at once. (Yield: 8 portions).

### BENEVOLENT SOUP

3 pints cold water	4 celery stalks
1 lb. ox cheek, cut small	2 sprigs thyme
2 carrots, sliced	2 sprigs parsley
3 onions, sliced	salt and pepper
1 turnip, sliced	1 small cabbage

Place all ingredients in a pan except the cabbage, and simmer for 3 hours. Add the cabbage, sliced,  $\frac{1}{2}$  hour before serving. (Yield: 8 portions).

### BIRD'S NEST SOUP

From this Chinese soup derives the expression, "smacking of lips." No twittering, please. This soup will stick to the ribs, for the bird's nests are made from the saliva of these particular Chinese birds. These nests form a very gelatinous soup, and do actually cause one to smack one's lips. Yes, it is the gelatinous foods which make us smack our lips, because we feel the lips being stuck together, so we lick and smack them to see if all the gelatinous substance is removed. You will smack your lips for quite a while after this soup!

Although some of the ingredients may not now be obtainable in Britain, no book of soups could purport to be complete without a reference to Birds' Nest Soup. Here then is how the Chinese make it:

2 ozs. birds' nests	2 ozs. bamboo shoots
12 ozs. chicken meat, diced	3 pints white stock (pork and chicken stock is best)
1 oz. Chinese ham	sesame oil
2 ozs. mushrooms (white)	Chinese sauce
salt and pepper	

Soak the bird's nest in hot water for 2 to 3 hours. Put in a pan of boiling water and boil for 4 to 5 minutes, drain well and put in a deep dish. Stand the dish over a pan of hot water and sprinkle the nest with 6 ozs. of the diced chicken. Steam steadily for 5 hours.

Cut the mushrooms, bamboo shoots, and ham, into dice, and mix with the other 6 ozs. of diced chicken.

Now put the nest in a pan and cover with the stock and diced etceteras. Bring all to boil for 5 minutes. Season with salt, pepper, sesame oil and Chinese sauce, and serve. (Yield: 8 portions).

### BLACK BEAN SOUP

1 lb. black beans	1 oz. flour
3 pints ham stock	1 lemon, sliced

1 onion, sliced

1 oz. butter

2 hard-boiled eggs

1 glass sherry

Soak beans overnight and next morning cook them in the ham stock until soft. Then press all through a sieve. Meanwhile, sauté onions in the butter until a golden brown, add flour and brown a little more. Add this roux to the soup and stir well till cooked. If too thick, add a little more ham stock. Taste for seasoning and add sherry.

Place a few slices of egg and lemon in each plate, and serve.

(Yield: 8 portions).

### BONE SOUP

2 lbs. bones (beef, veal or  
mutton)

2 ozs. dripping

2 onions, sliced

2 carrots, sliced

1 turnip, sliced

3 ozs. lentils

1 teaspoon mixed herbs

seasoning to taste

3 pints water

Put bones and dripping into a pan and fry to brown slightly. Then add to water and bring slowly to the boil. Skim off all scum and fat and then add vegetables and soaked lentils. Stir till it re-boils, then simmer for 2 hours. Remove bones, add herbs and seasonings, and serve.

### SOUP À LA BONNE FEMME

3 pints veal stock

1 cucumber, chopped fine

2 ozs. butter

1 oz. flour

6 yolks of egg

2 lettuces, chopped fine

2 ozs. chervil

1 oz. sugar

salt, pepper, nutmeg

4 ozs. cream or evaporated milk

Simmer vegetables and seasonings in the butter for 10 minutes. Stir in flour, add stock, and stir constantly till it boils. Simmer all for 30 minutes.

Beat egg yolks with cream and sugar and stir into soup gradually, but do not allow it to re-boil or it will curdle. Serve with fried croûtons.

(Yield: 8 portions).

### BRAZIL NUT MILK SOUP

Proceed as for Almond Milk soup, using ground Brazil nuts in place of almonds.

### BREAD SOUP

1 lb. bread crusts

1 pint stock (meat, fish or vegetable, to taste)

2 ozs. butter

Place all in a pan and simmer. As the bread softens, mash it with a fork. Season according to the stock you have used. If too thick, add a little more stock. (Yield: 4 portions).

### BROCCOLI STALK SOUP

Prepare as for Cauliflower Soup and you will wonder why you have been throwing those thick stalks away.

Cut the thick stalks in pieces and cook in boiling veal or chicken stock, or if no stock, water will do. Rub all through a sieve, mix with equal amounts of scalded milk, and to each 3 pints add 2 ozs. flour and 2 ozs. butter previously well creamed together. Stir constantly till creamy, add a little evaporated milk, and season to taste. (Yield: 8 portions).

### BROWN CABBAGE SOUP

3 pints ham stock	1 large onion, sliced
4 ozs. diced ham	4 ozs. chopped celery
1 small cabbage	1 oz. butter
salt and pepper	

Cut cabbage into eight and cook with remaining vegetables in the butter. Brown well. Add to stock and cook  $\frac{1}{2}$  hour. Add diced ham and serve. (Yield: 8 portions).

### BRUSSELS SPROUTS SOUP

2 lbs. trimmed Brussels sprouts	1 teaspoon sugar
3 pints seasoned clear beef consommé	salt

Cook sprouts in salt water and drain. Meanwhile, heat the consommé, add sprouts, sugar and seasoning, and cook 5 minutes. Serve with fried croûtons. (Yield: 8 portions).

### BUTTERMILK SOUP, CHILLED (I)

4 pints buttermilk	1 lb. shrimps, cooked and chopped
1 oz. prepared mustard	4 ozs. cucumber, unpeeled, finely
pinch salt	diced (free from seeds)
$\frac{1}{2}$ oz. fresh dill, minced	2 bunches watercress, cut med. fine

Blend together all ingredients. Chill thoroughly. Serve ice cold.



## BUTTERMILK SOUP (II)

2 pints buttermilk	$\frac{1}{2}$ oz. minced dill pickle
1 teaspoon salt	$\frac{1}{2}$ lb. shrimps, cooked, cleaned and chopped
1 teaspoon sugar	2 ozs. diced cucumber (free from seeds)
tablespoon prepared mustard	

Combine ingredients in the order listed and mix thoroughly. Serve cold.  
(Yield: 6 portions).

## BUTTERMILK SOUP (III)

$\frac{1}{2}$ pound shrimps, cooked and chopped	1 teaspoon salt
$\frac{1}{2}$ med. sized cucumber, finely diced	1 tablespoon minced fresh dill
	1 tablespoon prepared mustard
	1 teaspoon sugar
	1 quart buttermilk

Mix together shrimps, cucumber and seasonings; stir in buttermilk and chill thoroughly. (Approximate yield: 6 portions).

See also *Citrus Buttermilk Soup*, recipe on page 167.

## CABBAGE SOUP

1 cabbage (2 lbs.)	$1\frac{1}{2}$ pints water
1 oz. dripping	1 oz. small sago
$1\frac{1}{2}$ pints milk	salt and pepper

Melt the dripping in a saucepan and toss the cabbage lightly in it for a few minutes. Cover with the water, and allow to simmer for  $\frac{3}{4}$  hour. Then add the sago, milk, seasoning, and boil up again until the former is transparent. Serve with fried croûtons. (Yield: 8 portions).

## CABBAGE AND BEET SOUP

1 small head of cabbage, shredded	1 teaspoon salt
8 ozs. diced cooked beetroot	$\frac{1}{4}$ teaspoon pepper
1 small onion, diced	8 thick slices bread
3 pints stock	2 ozs. grated cheese

Combine cabbage, beetroot, onion, stock, salt and pepper and cook until cabbage is tender. Pour soup over bread, allowing 1 slice to each serving. Sprinkle with cheese. (Yield: 8 portions).

## CABBAGE SOUP, NORMANDE

Separate the outside leaves and the core of a head of cabbage. Put both the leaves and core in a pan, with 5 pounds of beef bones, 1 onion, 1 carrot, a bouquet garni, and a handful of salt. Bring to a boil, season, and boil for 2 $\frac{1}{2}$  hours. Slice the rest of the cabbage very thin, place in another pan, add

3 ounces of butter, and fry until the moisture is out. Then drain off the butter, and strain the beef and cabbage broth over it. Let it boil slowly for an hour. Season with salt and pepper, and add some bread crust cut in small squares and fried in butter.

### CARAWAY SOUP (Kümmel Suppe)

3 pints veal stock	2 ozs. flour
1 oz. caraway seeds	2 ozs. macaroni
3 ozs. butter	salt and pepper

Melt the butter, add the flour, and stir for a while until it browns. Mix in the caraway seeds and pour in the boiling stock, stirring constantly until it is thick and creamy. Simmer for  $\frac{1}{2}$  hour, and strain free from seeds.

Meanwhile, cook the macaroni in salt water, rinse and drain well. Season the soup, add the macaroni, and serve. (Yield: 8 portions).

### CELERY AND ALMOND SOUP

Cut one head of celery into pieces about 1 inch long, and put it into a saucepan with 2 pints of good white stock, 2 oz. butter,  $\frac{1}{4}$  lb. lean ham, and 2 lumps of sugar. Let it boil for  $\frac{1}{4}$  hour, put in with it 2 pints more of stock, a little salt, and a blade of mace. Stew gently for 1 hour, then press the soup through a coarse sieve. Make it hot again, pour it into a tureen, add  $\frac{1}{4}$  pint of boiling cream sauce and  $\frac{1}{4}$  lb. flaked almonds. (Yield: 10 portions).

### CHEESE SOUP

2 pints milk	3 ozs. grated cheese
2 ozs. butter	2 eggs, well beaten
1 chopped onion	salt and pepper

Sauté onion in the butter, add the milk, and when nearly boiling add the grated cheese. Add seasonings and eggs and stir till soup thickens, but do not let it boil. Serve with fingers of toast. (Yield: 5 portions).

### CHICKEN À LA REINE

Cream of Chicken served with small chicken dumplings.

### CHICKEN AND CORN SOUP

3 pints chicken stock	2 ozs. butter
4 ears of green corn-on-the-cob	2 ozs. flour

Split and scrape the grains of corn and put the cobs in the stock and cook for  $1\frac{1}{2}$  hours. Remove the cobs and add the roux made from the butter and flour. Add scraped corn, cook 15 minutes and serve. (Yield: 8 portions).

### CHICKEN SOUP BRÉSILIENNE

One pint of Consommé Tapioca, one pint of thick Consommé Brunoise, and the breast of a fowl cut in small squares. Bring to a boil, and serve. (Yield: 6 portions).

### CHICKEN AND CUCUMBER SUPRÊME

Prepare 3 pints Cream of Chicken soup and add to this one large cucumber cooked and pressed through a sieve. The combination of these two flavours is delicious. (Yield: 8 portions).

### CHICKEN SOUP À LA FRANÇAISE

Put a fat soup hen in a pan with 3 quarts of water, a little salt, 1 onion 1 carrot, and a bouquet garni. When coming to a boil, skim well, cover, and simmer slowly until the hen is cooked. Then remove the hen and cut the meat in  $\frac{1}{2}$  inch squares. Strain the broth, bring to a boil, and add 2 cupfuls of boiled rice and the chicken meat. Season well with salt and pepper, and add some chopped chervil. (Yield: 10 portions).

### CHICKEN FLORENTINE

Cut a spring chicken, bones and all, in pieces one inch square. Heat 3 ounces of butter in a pan, add the chicken, and cook until golden yellow; add 2 tablespoons of flour and heat through; add 3 pints of chicken broth, a bouquet garni, and 1 cup of raw rice. Boil for 1 hour, then remove the bouquet garni, add 1 pint of boiling milk, and season with salt and pepper and a little chopped parsley. (Yield: 10 portions).

### CHICKEN MULLIGATAWNY SOUP

Cut the breast from an uncooked soup hen, and cut in small squares of about  $\frac{1}{4}$  inch. Make about 2 quarts of broth from the bones and trimmings. Heat 3 ounces of butter in a pan, add the cut-up breast of chicken, and simmer for 5 minutes. Then add an onion chopped very fine, and simmer again until yellow. Then add 2 tablespoonfuls of flour and 1 tablespoonful of curry powder, and heat through. Now pour in the strained chicken broth and a cup of rice, and boil slowly until the rice is cooked. Cut 2 apples in  $\frac{1}{4}$  inch squares, and simmer in butter until cooked, and add to the soup. Season with salt and pepper.



## CHICKEN MUSHROOM SOUP

3 pints chicken stock	4 ozs. cooked chicken white meat
2 ozs. diced celery	salt to taste, dash of pepper
1 oz. onion, diced	2 tablespoons soy sauce
12 mushrooms, sliced	2 eggs, well beaten

Combine broth, celery and onion, cook until tender, then add mushrooms gradually and cook until firm. Serve at once. *(Yield: 8 portions).*

## CHICKEN NOODLE SOUP

To 3 pints Cream of Chicken soup add 4 ozs. cooked noodles. Serve very hot. *(Yield: 8 portions).*

## CHICKEN NUT SOUP

4 ozs. chopped celery	$\frac{1}{2}$ pint milk
2 pints chicken stock	salt, pepper
1 egg, beaten	2 ozs. ground nuts
1 oz. flour	whipped cream, minced parsley

Cook celery in stock until tender. Combine egg, flour and milk and beat well. Add to stock gradually and cook for five minutes, stirring constantly. Season. Serve in soup bowls; sprinkle nuts over top and garnish with whipped cream and parsley. *(Yield: 6 portions).*

## CHICKEN OKRA SOUP

Remove the breast from a raw fowl, and with the remainder make a chicken broth. Cut the breast in small dice, put in pan with a chopped onion and a chopped green pepper and a small piece of butter, simmer till onion is soft, then add the chicken broth, 2 peeled tomatoes cut in small dice, or some canned tomatoes, salt and pepper. Let boil slowly for  $\frac{1}{2}$  hour, then add 1 pound of okra cut in pieces  $\frac{3}{4}$  inch in length, and cook until okra is soft. Add 1 teaspoonful of Worcestershire sauce and a cup of boiled rice and serve with chopped parsley. If desired, a slice of ham may be cut in small squares and added at the same time as the chicken breast. *(Yield: 8 portions).*

## CHICKEN SOUP, PIEDMONTAISE

Mix a pint of chicken broth with a pint of Purée of Tomato soup, add  $\frac{1}{2}$  pound of macaroni cut in  $\frac{1}{4}$  inch pieces, and the breast of a boiled chicken, cut in small squares. *(Yield: 6 portions).*

## CHICKEN SOUP, PORTUGAISE

Put a soup hen on the fire in 3 quarts of water, bring to a boil and skim well. Then add a tablespoonful of salt, 2 carrots, 1 onion, and a bouquet garni, and boil slowly until the fowl is done. Then skim the broth, and cut the carrots and the onion in small squares, and return to the soup. Peel 4 tomatoes, squeeze out the juice, cut in small squares, and also add to the soup. Bring to a boil, add a cup of boiled rice, and serve.

*(Yield: 8 portions).*

## CHICKEN BROTH, SAN REMO

Make 2 quarts of plain chicken broth, add to it  $\frac{1}{2}$  cup of sliced soft-boiled carrots, and 1 cup of boiled rice. Serve grated cheese separately.

*(Yield: 10 portions).*

## CHICKEN TARRAGON SOUP

3 pints chicken stock (cleared)  
2 ozs. minced tarragon  
2 egg whites, beaten stiff

Blanch the tarragon and simmer 1 oz. of it in the cleared chicken stock for 20 to 30 minutes. Whip the whites of egg quite stiff and add the other 1 oz. of tarragon. Poach the white of egg in boiling water in spoonfuls. Serve one spoon of poached egg white in each plate of soup. The 2 egg whites will be sufficient for 8 spoonfuls.

*(Yield: 8 portions).*

## CHICKEN TOMATO SOUP

Proceed as for Cream of Chicken soup, and to the stock add 1 lb. diced tomatoes or  $\frac{1}{2}$  pint tomato purée. If diced tomatoes are used, the soup will need straining of all skin and seeds.

## CHICKEN VEGETABLE SOUP

3 to 4 lb. stewing chicken	1 onion, sliced
3 quarts boiling water	1 tablespoon salt
2 stalks celery or 4 ozs. diced	$\frac{1}{2}$ teaspoon pepper
celery root	$\frac{1}{8}$ teaspoon nutmeg

Clean chicken and cut into small pieces. Scald chicken feet; skin and remove nails. Pour boiling water over chicken, feet, celery and onion, cover, heat to boiling and simmer until chicken is tender, about 3 hours. Remove chicken, strain stock, and season.

Now add 1 diced onion, 1 diced carrot, 2 ozs. diced celery, 2 ozs. tomatoes to strained stock, and simmer until tender.

The chicken meat may be creamed, used for croquettes, salad or casserole dishes. (Yield: 8 portions).

### CHICORY SOUP

4 heads chicory	2 ozs. flour
2 pints veal stock	$\frac{1}{2}$ teaspoon salt
2 ozs. butter	1 pint milk
little diced pimienta	

Wash chicory thoroughly, place in a pan and cook until tender. Rub through a sieve and combine with veal stock. Melt butter, blend in flour and salt, add milk gradually and cook 1 minute. Add chicory mixture and heat to boiling. Serve hot, garnished with diced pimienta.

(Yield: 8 portions).

### CHOP SUEY SOUP WITH WATERCRESS

3 pints beef stock, well seasoned	4 ozs. celery, diced
1 dessertspoon soy sauce	4 ozs. noodles
1 oz. fat	4 ozs. carrots, diced
2 ozs. onion, diced	6 ozs. string beans, sliced
1 large bunch watercress	

Sauté onion and celery in fat. Add to hot beef stock. Add soy sauce, noodles, carrots, string beans, and watercress stems cut in  $\frac{1}{4}$ -inch lengths. Cook 20 minutes. Add coarsely cut watercress leaves. Heat thoroughly. Serve immediately. (Yield: 8 portions).

### CITRUS BUTTERMILK SOUP

1 cup orange juice	2 ozs. sugar
$\frac{1}{4}$ teaspoon grated orange rind	1 $\frac{1}{2}$ pints buttermilk

Chill all ingredients, combine and beat together for several minutes. Serve immediately. (Yield: 5 portions).

### COCONUT SOUP

3 pints veal stock	8 ozs. freshly grated coconut
2 ozs. flour	$\frac{1}{2}$ blade of mace
2 ozs. butter	$\frac{1}{2}$ teaspoon grated lemon rind
4 ozs. cream or evaporated milk	

Cook coconut, mace, and lemon rind in the stock for 10 minutes. Add flour and butter previously well creamed together and stir constantly, until soup is smooth and creamy. Strain and serve at once. (Yield: 8 portions).



## COCK-A-LEEKIE SOUP

Large quantities of this famous Scottish soup were consumed at the Burns Centenary Festival at the Crystal Palace, Sydenham, 1859.

It is hard to trace the origin of this famous soup. Some say it originates from the days of cock fighting, the defeated cock being thrown into a pot, with leeks to give added flavour. The soup was then handed round with parts of the bird to spectators. Another version is that in olden times, when the cock had passed its youth, the last purpose it served was the feast of "The Cock-a-Leekie." However, it was, and still is, a grand dish if the bird is served in the soup.

Cut an old cockerel into neat joints and place in a pot, together with the cleaned giblets, cover with cold water, add salt, sprigs of parsley and thyme, and simmer for 2 hours. Now add 8 large leeks quartered and continue simmering for another  $1\frac{1}{2}$  hours or until meat is tender. Now add pepper to taste, for it is ready to serve.

*Note.* Do not add pepper till the very last. Only the salt is added at the beginning. The delicate flavour of pepper is ruined if cooked too long.

The French like to add a few cooked prunes to this soup: why, goodness only knows!

## CONTINENTAL SOUP

$\frac{1}{2}$ pint water	2 glasses rum
2 ozs. sugar	1 glass of kirsch
peel of 2 oranges, chopped	$\frac{1}{2}$ pint milk
peel of 2 lemons, chopped	$\frac{1}{4}$ pint lemon juice
$\frac{1}{2}$ pint orange juice	

Boil water and sugar together until sugar is dissolved. Add orange and lemon peel and let stand 10 minutes. Strain. Add remaining ingredients and allow to stand 3 hours before serving. Strain and serve cold.

*(Yield: 6 portions).*

## COOPER SOUP

Slice 3 large onions and put in a pan with 2 ounces of butter. Cover, and simmer until the onions are done. Then add  $1\frac{1}{2}$  quarts of bouillon, consommé or chicken broth; season with salt and pepper, and boil for 30 minutes. Strain. Serve toasted French bread and grated parmesan cheese separately.

*(Yield: 8 portions).*

## CORN SOUP

2 ozs. butter	$1\frac{1}{2}$ pints beef stock
2 ozs. flour	$1\frac{1}{2}$ pints milk
3 ozs. sliced onions	$\frac{1}{2}$ oz. sugar
1 can of corn	salt and pepper

Sauté onions in butter until brown, add flour but do not brown, add boiling milk and stock gradually, stirring constantly till thick and creamy. Now add the can of corn and sugar, and cook 10 minutes and serve.

(Yield: 8 portions).

## CORN AND TOMATO SOUP

4 ears of green corn-on-the-cob	2 eggs
	4 ozs. cream or evap. milk
1½ pints boiling water	1 bay leaf
2 ozs. butter	1½ pints cooked tomatoes
1 oz. flour	1 oz. sugar
2 onions, sliced	salt and pepper

Cut the corn from the cobs and set aside. Cook cobs in boiling water until water is reduced to 1 pint, and strain. Sauté the onions in the butter, add flour, and then the tomatoes. Add bay leaf, sugar and seasonings, then add cob water, cook 10 minutes and press through a sieve. Re-heat, and add corn and cook for 20 minutes.

Blend eggs and cream and add to the soup just before serving.

(Yield: 8 portions).

## CRAB GUMBO

Put 2 ounces of butter, 1 chopped onion and 1 chopped green pepper in a pan and simmer until done. Then add 2 quarts of fish broth and ½ cup of rice, and boil very slowly for 15 minutes. Then add 3 peeled tomatoes cut in small dices, 1 tablespoonful of Worcestershire sauce, the meat of 2 whole crabs, and a can of okra; or 1 pound of fresh okra cut in pieces 1 inch long. Cook slowly for 20 minutes, season well with salt and pepper, and sprinkle with a little chopped parsley.

(Yield: 8 portions).

## CRAB SOUP

2 ozs. butter	1 tablespoon Worcestershire sauce
2 ozs. flour	2 pints hot milk
1 teaspoon dry mustard	8 ozs. boiled and picked crab
½ teaspoon pepper	meat
2 teaspoon salt	1 tablespoon sherry

Melt butter and add flour, mustard, pepper, salt and Worcestershire sauce. Cook together for 10 to 15 minutes, stirring constantly until a smooth sauce results. Pour milk over crab meat; add both to seasoned sauce gradually, stirring constantly. Before serving add sherry. Serve with additional Worcestershire sauce and tabasco sauce.

(Yield: 6 portions).

## CRANBERRY SOUP

2 lbs. cranberries	4 ozs. sugar
2 pints water	12 small dumplings
salt to taste	

Cover cranberries with cold water, bring quickly to the boil, strain and throw liquid away. Add 2 pints boiling water to cranberries, with sugar and salt added. Cook 20 minutes. Drop in small dumplings, cook another 10 minutes, and serve. *(Yield: 6 portions).*

## CÉRCY SOUP

10 carrots, sliced	2 slices ham
2 turnips, sliced	1 teaspoon sugar
2 celery stalks, sliced	1 bunch of herbs
2 onions, sliced	salt and pepper
boiling water	beef stock
2 oz. butter	bread crusts fried in butter

Boil vegetables 16 minutes and drain. Put them in a saucepan with butter, ham, sugar, herbs and seasonings, cover with beef stock and cook tender. Remove vegetables, discard herb bouquet, and run vegetables through a sieve. Strain broth, return vegetables to it, and simmer 2 hours. Skim, pour over fried crusts in tureen and serve. *(Yield: 12 portions).*

This French soup is claimed by England because it was served to the soldiers on the battlefield of Crécy on August 26th, 1346, when the Black Prince defeated the French. The soup must have been splendid because it was made of the famous golden carrots of Crécy. It is for this reason I prefer to name it, in English, Crécy Soup. Other titles are Potage à la Crécy, Purée à la Crécy, Crème à la Crécy.

CRÉCY À LA CHANTILLY is a purée of carrots and lentils.

CONSOMMÉ À LA CRÉCY is consommé with a garnish of carrots cut julienne style.

N. B. Corned beef was the main food of the last two world wars, and the sooner we forget it the better. Woolton pies and Strachey puddings soon died a natural death, but alas, no famous dish was invented to celebrate any of the big victories in either war. Here the musical composers excelled over the inventive mind of the chef, for they, at least, composed many tunes during the two wars which will live for many a long day. Is it that the art of inventing a dish is dwindling?

## CROÛTE AU POT

2 carrots, sliced	$\frac{1}{2}$ cup chopped lettuce
1 turnip, sliced	2 tablespoons butter



2 celery stalks, cut small  
½ cup chopped cabbage

3 pints meat broth  
salt and pepper  
chervil

Stew vegetables with butter in saucepan. When they begin to colour, pour in broth and season. Boil slowly 30 minutes or more. Pour into hot tureen over toasted bread or rolls.

The French use a lot of pepper in this and vary contents with anything at hand, making it a sort of pot-luck. This is the quick way to make it. The more laborious method is to start with beef and a little bacon and make a rich stock as you go along, adding a knuckle of veal with the vegetables, and at the end of an hour's cooking put in left-over chicken and carcase and cook for 3 hours more. But the *pot-au-feu*, the stock-pot of France, is handier, the meat being cooked only until tender and served with the soup.

(Yield: 8 portions).

### CROÛTE BRETONNE

Put 2 lbs. of beef shin and 5 lbs. of beef bones in a pan. Add 1 gallon of cold water, bring slowly to a boil, and skim well. Then add 1 tablespoonful of salt, a bouquet garni, ½ small head of cabbage or kale, 2 turnips, 2 carrots, 1 parsnip and an onion. Boil for 3 hours; then strain the broth into a soup tureen. Chop the vegetables very fine, put in a salad bowl, season with salt, pepper and a little grated nutmeg, and add a little chopped parsley and ½ cup of grated cheese. Cut some bread in round pieces the size of a half-crown, and toast on one side. Put the purée of vegetables on the toasted side of the croûtons, place on a buttered pan and bake in the oven until brown. Serve on a napkin with the broth.

(Yield: 10 portions).

### CUCUMBER SOUP SUPRÊME

1 large cucumber, sliced	2 ozs. butter
2 ozs. leeks, sliced	½ pint milk
2 pints cream of chicken soup	4 ozs. cream or evaporated milk.

Sauté the leeks and cucumber in the butter until soft. Then add the chicken soup and simmer slowly for 15 minutes, strain, re-heat, add cream and serve.

(Yield: 6 portions).

### DANISH GIBLET SOUP

8 ozs. sliced apples	4 pints water or chicken stock
4 ozs. prunes	1 oz. flour
2 lbs. giblets with wing tips	2 ozs. malt vinegar

Clean the giblets well and put them in a pan with the water or stock, cook gently till tender and strain. Re-heat stock to boiling point and thicken with the flour mixed with the vinegar. Put in the sliced apples and soaked prunes. Add sugar and salt to taste. Add cut pieces of giblets and simmer slowly for 15 to 20 minutes. *(Yield: 6 portions).*

### DAWN SOUP, THE

3 pints good veal stock	8 ozs. veal, cut julienne
6 ozs. tapioca	style
4 ozs. tomato purée	salt and pepper

The tapioca is cooked in the veal stock, with the tomato purée, till tapioca is soft. Seasonings, and the veal cut in strips, are added just before the soup is served. *(Yield: 8 portions).*

### DITALINI SOUP, À LA ROYALE

Ditalini is a species of macaroni, prepared in small pieces. Bring 2 quarts of chicken broth to a boil, add  $\frac{1}{2}$  lb. d'italini, and boil until the paste is soft. Then bind the soup with the yolks of 3 eggs mixed with  $\frac{1}{2}$  cup of cream. Season well with salt and pepper, and serve at once. Serve grated cheese separately. *(Yield: 10 portions).*

### DUTCH BEAN SOUP

6 ozs. navy beans	salt and pepper
4 pints water	1 small onion, grated
$\frac{1}{2}$ pint thick sour cream	

Wash beans, cover with cold water and soak overnight. Drain and cook in water listed until they have the consistency of thick cream and have cooked down to 3 pints; add salt and pepper to taste, and onion. Heat to boiling and add sour cream. Serve with croûtons cut into square and diamond shapes. *(Yield: 8 portions).*

### DUTCH POTATO SOUP

2 ozs. chopped onion	8 ozs. diced potatoes
2 ozs. butter	2 ozs. diced celery
$1\frac{1}{2}$ pints water	2 ozs. chopped pimienta
1 teaspoon salt	1 can evaporated milk
1 oz. chopped parsley	

Cook onion slowly in butter until yellow. Add water, salt, potatoes, celery and pimienta, and cook until tender, about 20 minutes. Add milk and chopped parsley, and re-heat. Serve with a dash of paprika or toasted bread cubes. *(Yield: 5 portions).*

## DUTCH VEGETABLE SOUP

8 ozs. dried Lima beans	4 ozs. chopped cabbage
1 lb. beef bones	1 large turnip, diced
8 ozs. tomatoes	1 carrot, diced
8 ozs. grated corn	1 onion, sliced
salt and pepper	1 teaspoon flour
	$\frac{1}{2}$ cup milk

Soak Lima beans in water for several hours. Wash bones thoroughly, cover with cold water and boil slowly for several hours. Skim off fat and add vegetables and drained beans. Season to taste. Cook until vegetables are tender, 1 hour. Mix flour with milk, and stir into soup. Cook 15 minutes, remove bones, and serve hot.

*Note.*  $\frac{1}{4}$  lb. liver, cut into small pieces, may be added with bones.

*(Yield: 8 portions).*

## ECONOMICAL VEGETABLE SOUP

Cut any left-over vegetables, such as carrots, turnips, green peppers, potatoes, celery, string beans, into small pieces. Brown in fat, add hot water to cover, season and cook until tender. Drain, press through a sieve and return the pulp to the water in which the vegetables were cooked. Serve hot, with small squares of toasted bread. (*Two pints will be sufficient for 6 portions*).

## EGGPLANT SOUP

1 oz. fat	$\frac{1}{2}$ teaspoon sugar
1 large eggplant, diced	$\frac{1}{2}$ pint brown stock
2 large tomatoes, quartered	1 pint boiling water
3 mushrooms, sliced	1 teaspoon minced parsley
$\frac{1}{4}$ teaspoon salt	dash cayenne

Melt fat and sauté vegetables for 10 minutes. Add remaining ingredients, heat to boiling and simmer until vegetables are tender, about 45 minutes.

*(Yield: 4 portions).*

## FARINA SOUP, FRANCIS JOSEPH

Roast a pheasant in the oven for 5 minutes, to obtain a slight colour, then put it in fresh-prepared consommé and boil until soft. Then strain the consommé, bring to a boil, add 3 pints of farina and boil for 15 minutes. Then bind with the yolks of 2 eggs and  $\frac{1}{2}$  cup of cream, add a glass of sherry, 1 tablespoon grated cheese; season with salt, a little cayenne pepper, and the juice of a lemon. Cut the breast of the pheasant in thin slices, put in the soup tureen, and pour the soup over it; give it a sprinkle of chopped parsley, and serve hot.

*(Yield: 8 portions).*



## FLEMISH SOUP

- |                          |                               |
|--------------------------|-------------------------------|
| 6 tablespoons butter     | 3 small heads celery, chopped |
| 2 tablespoons ham, diced | 6 medium potatoes, chopped    |
| 2 pints white broth      | $\frac{1}{2}$ cup breadcrumbs |
| 3 medium onions, sliced  | $\frac{1}{2}$ cup hot cream   |
| 2 egg yolks beaten       |                               |

Put 4 tablespoons butter and ham into a saucepan with 1 cup of broth and prepared vegetables. Cook slowly  $\frac{1}{2}$  hour, add remainder of broth and breadcrumbs, continue cooking till potatoes are broken up. Press through sieve, re-heat, whip in cream, egg yolks and remaining butter, but do not allow to boil. (Yield: 6 portions).

## FRENCH ONION SOUP

- |                        |   |
|------------------------|---|
| 4 medium onions        | $\frac{1}{2}$ teaspoon Worcestershire sauce |
| 1 oz. butter           | salt and pepper                             |
| 2 pints brown stock    | round of toast                              |
| grated parmesan cheese |   |

Slice onions thin and brown in butter. Add stock, Worcestershire sauce, salt and pepper and simmer until onions are tender. Pour soup into an earthen jar or casserole. Arrange toast on top of soup, sprinkle with grated cheese and place under broiler until cheese melts and browns. Rub casserole or toast with cut clove of garlic. (Yield: 4 portions).

## FRENCH RICE SOUP

- |                      |                    |
|----------------------|--------------------|
| 5 ozs. rice          | 2 cloves           |
| 3 ozs. butter        | 2 pints veal stock |
| 2 onions             | 1 pint milk        |
| salt, pepper, nutmeg |                    |

Wash and drain the rice, put in a saucepan with the melted butter and sauté for a few minutes. Then add the stock. Boil up, add the onions stuck with the cloves, also the milk. Simmer slowly for 40 minutes. Season to taste, and add a grate of nutmeg. Stir while cooking to prevent burning. Remove onions and serve. (Yield: 8 portions).

## FRESH CORN SOUP

- |                                |                               |
|--------------------------------|-------------------------------|
| 1 cup fresh corn (Indian corn) | $\frac{1}{2}$ teaspoon salt   |
| 1 pint boiling water           | $\frac{1}{8}$ teaspoon pepper |
| 2 ozs. butter                  | 1 teaspoon minced onion       |
| 2 ozs. flour                   | 1 pint milk                   |
| finely chopped spinach         |                               |

Simmer corn and water together for 20 minutes. Press through a coarse sieve. Melt butter, blend in flour, salt, pepper and onion; add milk gradually. Heat to boiling, stirring constantly, and add strained corn. Cook until thickened, about 5 minutes. Serve garnished with spinach.

(Yield: 4 portions).

## FRESH SPINACH AND POTATO SOUP

Cook 2 lbs. spinach and press through a sieve to form a purée. Add the purée to 2½ pints Potato Soup.

(Yield: 8 portions).

## GARBURE SOUP

Every district of France has its own particular version of this rustic soup. This is my favourite:

2 lbs. cabbage

½ lb. turnips

1 lb. salt pork

1 large leek

1 lb. potatoes

2 onions

½ lb. carrots

4 ozs. haricot beans

sprig of thyme

salt and pepper

Slice all the vegetables, except the cabbage which is blanched and quartered. Place sliced vegetables, cabbage and soaked haricot beans in a pan, and cover with cold water. Add salt and pepper and simmer all for 1½ hours. Then add the pork and simmer till pork is tender. Cook 8 slices of bread in butter, place 1 slice in each soup plate and pour the purée of vegetables over it.

At one time the pork was served separately. Nowadays it is divided and served with the soup.

(Yield: 8 portions).

## GARBURE CHANTILLY SOUP

Proceed as recipe given for Garbure Soup, using game stock instead of water, and game meat instead of pork.

## GARBURE SOUP À LA VILLEROI

Proceed as recipe given for Garbure Soup. The cooked slices of bread are sprinkled with grated cheese.

## GARBURE SOUP AUX MARRONS

Proceed as recipe given for Garbure Soup. Omit the cooked slices of bread. Garnish the soup well with braised chestnuts.

## GARDEN SOUP

- |                         |                            |
|-------------------------|----------------------------|
| 1 carrot, diced         | $\frac{1}{2}$ leek, sliced |
| 1 small turnip, diced   | 2 ozs. shelled peas        |
| 2 ozs. shredded cabbage | salt                       |
| 1 oz. butter            | 1 small potato, diced      |
| 2 pints stock           | 1 teaspoon minced parsley  |

Sauté carrot, turnip and cabbage in butter. Add soup stock, leek, peas, salt, potato and parsley. Cover and simmer for 40 minutes.

(Yield: 4 portions).

## GERMAN BEER SOUP

- |                                 |                          |
|---------------------------------|--------------------------|
| 3 pints mild beer               | 2 inch stick of cinnamon |
| 3 slices lemon                  | 1 oz. sugar              |
| 1 clove                         | 4 eggs                   |
| 4 ozs. cream or evaporated milk |                          |

Simmer beer with lemon slices, clove, cinnamon and sugar. Beat eggs and add cream. Strain beer and pour over eggs and cream, beating to a creamy frothiness. Serve with slices of toast.

(Yield: 8 portions).

*Compare Ale Soup, recipe on page 155.*

## GERMAN BEER SOUP WITH MILK

See German Beer Soup. Omit cream and use 1 pint of milk.

(Yield: 9 portions).

## GERMAN CARROT SOUP

Grate the red parts of 6 carrots and put in a pan with 2 ounces of butter and 1 chopped onion. Simmer for 20 minutes. Then add 1 pint of chicken broth, or veal broth, or any kind of stock; and 1 bouquet garni. Boil for 20 minutes, then remove the bouquet, and pass the rest through a fine sieve. Put back in pan, add 1 pint of cream sauce, bring to a boil, and bind with the yolks of 2 eggs mixed with 1 cup of cream. Strain again; and before serving add  $\frac{1}{2}$  pound boiled noodles. Season with salt and a little cayenne pepper.

(Yield: 6 portions).

## GERMAN CHERRY SOUP

- |                              |               |
|------------------------------|---------------|
| 3 lbs. pitted black cherries | 2 ozs. sugar  |
| $\frac{1}{2}$ pint red wine  | 2 ozs. flour  |
| 1 $\frac{1}{2}$ pints water  | 2 ozs. butter |

Cook cherries in wine and water until soft, add sugar, and then add butter and flour previously well creamed together. Stir constantly until smooth and creamy. Serve with fried croûtons.

(Yield: 8 portions).



## GERMAN CHERRY SOUP WITH DUMPLINGS

Proceed as recipe given above. Add 16 small dumplings the size of a walnut and cook a further 15 minutes. (Yield: 8 portions).

## GERMAN LENTIL SOUP

To a purée of lentils, add before serving, some sliced Frankfurter sausages, and a little bacon cut in small strips and fried.

## GERMAN ORANGE SOUP

6 oranges	1 inch stick of cinnamon
8 ozs. sugar	$\frac{1}{2}$ pint orange juice
1 pint water	$\frac{1}{2}$ pint hock

Divide oranges in sections, remove all seeds and roll the sections in sugar and place in soup tureen.

Cook to a syrup the 8 ozs. sugar with the 1 pint water and stick of cinnamon; add orange juice and wine. Chill, and pour over orange sections. Serve with crackers dipped in hock. (Yield: 3 portions).

## GERMAN PINEAPPLE SOUP

1 ripe pineapple	8 ozs. sugar
2 pints cold water	4 thin slices lemon
1 pint dry Rhine wine	

Pare pineapple and cut into sections from top to bottom. Sprinkle with sugar and place in a tureen. Chop the parings of pineapple and cook for 30 minutes in the water. Strain, and add the sugar, lemon slices and wine. Pour over pineapple and chill before serving. (Yield: 8 portions).

## GIBLET SOUP

See *Thick Giblet Soup (Poultry or Game)*, page 148; also *Danish Giblet Soup*, page 171. (See also below).

## GIBLET SOUP À L'ANGLAISE (English Style)

Cut turkey or chicken gizzards in small dices. Also a carrot, turnip, piece of celery and a piece of leek. Add  $\frac{1}{2}$  lb. barley, 1 large spoonful of flour and 4 ozs. butter. Simmer all together, add 2 quarts of stock or bouillon, season with salt, pepper and teaspoonful of Worcestershire sauce, and cook for 1 hour. Serve with a sprinkle of chopped parsley. (Yield: 10 portions).

## GOOSE SOUP

3 lb. goose bones	2 carrots, diced
3 pints water	1 onion, diced
$\frac{1}{2}$ clove garlic	4 ozs. tomatoes
1 oz. rice	salt and pepper

Bring water and bones slowly to boil, add seasonings and simmer 2 to 3 hours. Add remaining ingredients and simmer until done. Skim off fat, remove bones and serve with pickings of meat from the bones.

*(Yield: 8 portions).*

## GRAPE SOUP

3 lbs. seedless grapes	2 ozs. sugar
$\frac{1}{2}$ pint red wine	2 ozs. flour
$1\frac{1}{2}$ pints water	2 ozs. butter

Cook grapes in wine and water until soft, add sugar, and then add butter and flour previously well creamed together. Stir constantly until smooth and creamy. Add juice of 1 lemon before serving. Serve with fried croûtons.

*(Yield: 8 portions).*

## GRAPEFRUIT AND CRANBERRY SOUP

1 pint grapefruit juice
1 pint sweetened cranberry juice

Mix juices thoroughly; chill. Serve garnished with whipped cream.

*(Yield: 5 portions).*

## GRATED POTATO SOUP

Cook 1 thin slice of garlic; 2 leeks, sliced; 1 onion, minced; and 1 lb. uncooked potatoes, grated, in 3 pints veal stock, until tender. Add salt and pepper.

*(Yield: 8 portions).*

## GREEN SOUP

4 ozs. celery root	1 oz. fat
1 leek	2 ozs. flour
1 lb. Jerusalem artichokes	2 pints mixed beef and veal stock
1 small head cauliflower	$\frac{1}{2}$ lb. spinach
small bunch parsley	2 egg yolks
4 ozs. fresh shelled peas	4 tablespoons cream

Clean celery and leek and trim; pare artichokes, cover with salted water and cook until tender. In another pan cook cauliflower, parsley and peas in salted water until tender. Melt fat in a third pan, blend in flour and add boiling meat stock, stirring until thickened. Add spinach which has been thoroughly

washed and chopped coarse. Cook 10 minutes. Discard celery and leek from the first pan and add stock and mashed artichokes to spinach. Add stock drained from peas and cauliflower and season with salt and pepper. Beat egg yolks with cream in soup tureen, and add soup, beating well. Discard parsley, cut cauliflower into pieces and add with peas to soup. (*Yield: 8 portions*).

### HARE SOUP, UNCLE SAM

Cut the saddle and hind legs from a large hare, and put the remainder in roasting pan with 2 sliced onions, 1 carrot, 1 stalk of leek,  $\frac{1}{2}$  celery stalk, a few peppercorns, 2 cloves, 3 bay leaves, 2 sprigs of thyme, and 3 ounces of butter. Season with salt and pepper, and put in oven and roast until done. Then sprinkle with 3 spoonsful of flour, and roast again until the flour is brown. Then put in a pan with 2 gallons of water and a little salt and 1 pound of lentils, and boil for 4 hours. Then force all that is possible through a fine sieve.

Roast the legs and saddle of the hare, and cut the meat in  $\frac{1}{4}$ -inch squares. Put the strained soup back in the pan, bring to a boil, add the cut up hare meat and 1 glass of sherry, and season if necessary with salt and cayenne pepper. (*Yield: 25 portions*).

### HARICOT BEAN SOUP

8 ozs. haricot beans	1 turnip, sliced
$\frac{1}{2}$ lb. potatoes, sliced	2 pints beef stock
1 onion, sliced	$\frac{1}{2}$ pint milk
salt and pepper	

Wash the beans and soak in cold water overnight. Put them in a pan with the stock and bring to the boil. Add sliced vegetables and boil gently for 2 hours, or until beans are tender. Rub all through a sieve, add the milk and re-heat, add seasonings and serve. (*Yield: 7 portions*).

### HAZELNUT SOUP

1 lb. pounded hazelnuts	$1\frac{1}{2}$ ozs. flour
2 pints milk	4 yolks of egg
2 ozs. butter	$\frac{1}{2}$ pint cream
little salt	

Scald milk and add butter and flour previously creamed together. Stir well till thick and creamy. Add hazelnuts and simmer very slowly for 15 minutes. Blend yolks with cream in a tureen, strain soup into tureen, stirring constantly. Add salt, and serve. (*Yield: 6 portions*).



## HILAIRE HILERS SOUP

3 pints chicken soup  
(*which see*)

4 ozs. cooked rice

4 ozs. tomato purée

Place all ingredients in a pan, simmer 30 minutes, and serve.

1 tablespoon of curry

4 ozs. diced apple

8 ozs. diced chicken meat

1 tablespoon chopped parsley

(Yield: 8 portions).

## HOME-MADE CLAM SOUP

Put 3 dozen Little Neck clams with their juice in a saucepan. Add 1 pint of cold water, bring to a boil, and skim well. Then add  $\frac{1}{2}$  pint of boiling cream and 2 ounces of butter. When the butter is melted add 1 cup of broken crackers, and season with salt, pepper, and a little chopped parsley.

## HOP TOP SOUP

40 hop tops

3 pints yellow lentil soup (*which see*)

1 diced onion

Place all ingredients in a pan and boil well for 30 minutes. Strain and serve.

The more complicated method of making this soup is: see recipe for Lentil Soup, add 40 hop tops, and proceed from there. (Yield: 8 portions).

## HODGE PODGE SOUP

Proceed as for a good Scotch broth, not forgetting the barley, and add a liberal quantity of marrowfat peas.

Allow the soup to boil gently until the ingredients are thoroughly done, then mix in a generous quantity of purée of spinach and chopped parsley.

## HOTCH POTCH SOUP

Hotch Potch, or Hodge Podge, it is still a Scottish soup.

3 pints rich lamb stock

8 ozs. shelled young green peas

4 ozs. skinned broad beans

8 ozs. peeled young turnips, diced

8 ozs. scraped young carrots, diced

4 ozs. spring onions, diced

1 small cauliflower

1 hearty lettuce

$\frac{1}{2}$  oz. chopped parsley

salt and pepper

Cook the peas, beans, diced turnips, carrots and onions, in the stock, till all are tender. Cook the cauliflower and lettuce in salted water, break the cauliflower into sprigs, chop up the lettuce, and add cauliflower and lettuce to the soup. Add parsley and seasonings. Serve soup very hot.

(Yield: 8 portions).

## HUNGARIAN SOUP

Sauté  $\frac{1}{2}$  pound of lean beef that has been cut into small cubes. Add 6 onions, thoroughly minced, and when slightly brown add 4 tablespoonfuls of flour. Mix well. Add 3 quarts of stock and a quart of tomatoes that have been strained through a sieve. Simmer slowly for 1 hour. Then add a teaspoonful of caraway seeds, half as much marjoram, and a large crushed garlic clove. Cook for another  $\frac{1}{2}$  hour or longer, very slowly. The stock should be made with a knuckle of veal and beef. (Yield: 12 portions).

## HUNGARIAN GOULASH SOUP

1 lb. neck of beef, cubed	2 pints water
$\frac{1}{2}$ lb. onions, sliced	2 ozs. flour
1 lb. potatoes, diced	1 teaspoon paprika
2 ozs. tomatoes, diced	salt
	1 egg

Place meat, onions and seasonings with water in a pan and let simmer until meat is almost done, then add potatoes. Simmer a further 10 minutes, then add tomatoes and cook till meat is quite tender.

Make a dough with flour, egg and a little salt. Roll thin and cut in small squares and boil in soup 3 minutes before serving. (Yield: 5 portions).

## HUNGARIAN MUSHROOM SOUP

12 ozs. mushrooms, peeled and diced	1 teaspoon minced chervil
2 ozs. bacon fat	2 ozs. flour
3 pints chicken stock	1 egg
1 teaspoon paprika	4 ozs. sour cream
	salt

Sauté mushrooms in bacon fat with paprika and salt. Then sprinkle in chervil and flour, cook 3 or 4 minutes and gradually add the stock, stirring constantly till thick and smooth. When ready to serve, mix egg with cream in soup tureen and pour hot soup slowly over it, stirring all the time.

(Yield: 8 portions).

## HUNGARIAN POTATO SOUP

2 ozs. chopped onion	8 ozs. diced potatoes
2 ozs. butter	2 ozs. diced celery
$1\frac{1}{2}$ pints water	2 ozs. chopped pimiento
1 teaspoon salt	1 can evaporated milk

Cook onion slowly in butter until yellow. Add water, salt, potatoes, celery and pimienta, and cook until tender (about 20 minutes). Add milk and re-heat. Serve with chopped parsley, a dash of paprika or toasted bread cubes. (Yield: 5 portions).

### HUNGARIAN SAUERKRAUT SOUP

- |                               |                              |
|-------------------------------|------------------------------|
| 1 lb. small button onions     | 1 teaspoon of paprika        |
| 2 ozs. bacon fat              | 1 lb. pork, diced            |
| $\frac{1}{2}$ clove of garlic | $\frac{1}{2}$ lb. sauerkraut |
| 3 pints stock                 | 2 ozs. diced ham             |
| $\frac{1}{4}$ pint sour cream | 4 ozs. sliced smoked sausage |

Sauté onions in bacon fat with garlic, dust onions with the paprika, add diced pork and stew gently under cover for 20 minutes. Now add sauerkraut and stock and cook until soft. Just before serving, mix in the sour cream and garnish with the diced pork and sliced smoked sausage. (Yield: 8 portions).

### ICED FRUIT SOUP

- |                    |                  |
|--------------------|------------------|
| 1 grated pineapple | 3 pints of water |
| 4 large peaches    | juice of 1 lemon |
| 1 banana           | 4 ozs. sugar     |
| 1 oz. arrowroot    |                  |

Cook grated pineapple in  $1\frac{1}{2}$  pints of the water until tender, then add peaches and banana and cook 5 minutes more. Now press all through a sieve. Place the other  $1\frac{1}{2}$  pints of water in a pan with sugar and lemon juice. Bring to the boil and thicken with the arrowroot. Combine with fruit pulp, chill, and serve. (Yield: 8 portions).

### ICED ORANGE BOUILLON

- |                          |                                   |
|--------------------------|-----------------------------------|
| 1 oz. powdered gelatine  | 3 ozs. sugar                      |
| $\frac{1}{4}$ pint water | 2 tablespoons lime or lemon juice |
| 2 pints orange juice     | 6 orange                          |

Soak gelatine in water for 5 minutes. Heat and stir until dissolved. Stir in sugar and strain. Add orange juice and lime or lemon juice. Chill. When mixture begins to congeal, beat with a whisk. Do this several times during the chilling process. Cut oranges in halves and scoop out the pulp, chopping it fine; combine with orange gelatine. When ready to serve beat thoroughly. Serve in bouillon cups garnished with orange sections and sprigs of mint. (Yield: 8 portions).

### IL MINISTRONE

(See also *Minestrone, quick*, page 187).



$\frac{1}{4}$ pound bacon, chopped	2 tender celery stalks
$\frac{1}{2}$ pound ham	1 cup young peas
$1\frac{1}{2}$ cups string beans, cut in pieces	1 large tomato, chopped
small savory cabbage, shredded	1 cup asparagus tips
2 smoked sausages	$\frac{1}{2}$ cup rice
	3 quarts meat broth
$\frac{1}{4}$ cup grated parmesan	

Put bacon into soup kettle with ham, cabbage and half of string beans. Cover with well seasoned broth and put over a quick fire. When it has boiled 10 minutes, add celery, diced, and remainder of string beans. In another 10 minutes add peas, tomato, asparagus tips, rice and sausages. Continue boiling until rice is done, 15 to 20 minutes. Then sprinkle in cheese, remove ham and sausages, slice the latter and serve in the soup. (Yield: 20 portions).

### IRISH MILK SOUP

2 ozs. butter	1 lb. chopped kale
2 ozs. flour	2 potatoes, cubed and boiled
2 quarts milk	salt

Melt butter, stir in flour and add boiling milk in easy stages. Add inner leaves of kale, chopped fine, bring to boiling point, add hot potato cubes, salt and serve. (Yield: 10 portions).

### ITALIAN BREAD AND CHEESE SOUP

3 pints stock	pinch of nutmeg
4 ozs. dry breadcrumbs	1 bay leaf
2 ozs. grated parmesan cheese	$\frac{1}{2}$ blade of mace
	4 eggs

Bring stock to the boil, add crumbs, cheese and seasonings. Boil 5 minutes and then pour over the well beaten eggs in a tureen, stirring all the while. Stirring must be done rapidly, to avoid eggs lumping. (Yield: 8 portions).

### JELLIED CITRUS JUICE

1 oz. powdered gelatine	$\frac{1}{2}$ pint grapefruit juice
$\frac{1}{4}$ pint boiling water	$\frac{1}{2}$ pint orange juice
$\frac{1}{4}$ pint lime juice	4 orange cups
	5 thin slices lemon

Dissolve gelatine in boiling water. Cool just to room temperature and add fruit juices. Chill until firm. Break up with a fork and fill chilled orange cups or sherbet glasses. Garnish with lemon. Serve with thin toast.

(Yield: 5 portions).

## JELLIED SOUPS

Almost any clear fish, meat or vegetable stock can be jellied, for a refreshing soup on a hot day. Use any good flavoured cleared stock. Soak 1 oz. powdered gelatine in  $\frac{1}{4}$  pint water, stock or wine (according to soup being prepared) and dissolve in 2 pints hot cleared soup. Chill, and when jellied, break up with a fork and serve in cups. *(Two pints will yield 5 portions).*

## JENNY LIND'S SOUP

2 pints veal stock	2 ozs. sago
1 pint water	$\frac{1}{4}$ pint cream or evaporated milk
2 egg yolks	

Simmer sago in water until soft, add cream and well-beaten yolks of egg. Combine boiling veal stock gradually, stirring constantly.

*(Yield: 8 portions).*

## KALE BROSE

Take an ox-heel. Cleanse it thoroughly, and pour over it 5 pints of water. Bring it to a boil, remove the scum as it rises, and let it simmer gently for 4 hours. Meanwhile, take 2 large handfuls of greens; cleanse thoroughly, then shred them very finely. Put them into the broth; and when sufficiently cooked, stir  $\frac{1}{2}$  pint of toasted oatmeal into a little of the fat broth. It should be stirred with the handle of a spoon, and very quickly, so as not to run into one mass, but to form knots. Add it to the rest, with salt and pepper to taste; let all boil up together and serve as hot as possible. *(Yield: 10 portions).*

## KENTUCKY SOUP

3 pints rich veal stock	4 ozs. red currant jelly
$\frac{1}{2}$ lb. tomatoes	4 ozs. flour
$\frac{1}{2}$ lb. potatoes	2 ozs. butter
1 lb. can sweet corn	2 ozs. rice
1 lb. green vegetables	salt and pepper
(peas or beans)	1 oz. Worcestershire sauce

Cook vegetables in the stock to a pulp and press through a sieve. Brown the flour well in the butter and add soup gradually, stirring constantly. Add boiled rice and seasonings, melted jelly and Worcestershire sauce, and serve. *(Yield: 10 portions).*

## KIDNEY AND BARLEY SOUP

3 pints stock	4 sheep's kidneys
3 ozs. pearl barley	pinch of nutmeg

1 onion, minced

salt and pepper

$\frac{1}{4}$  pint cream or evaporated milk

Cook barley and onion in stock until tender. Grill the sheep's kidneys and cut into neat dice. Add to soup with seasonings. Soup should not re-boil once the kidneys are added, or else the kidney will toughen. Add cream and serve. (Yield: 8 portions).

### KIDNEY BEAN SOUP (Butter Beans)

1 lb. kidney beans

1 glass sherry

2 lbs. tomatoes

salt and pepper

1 oz. sugar

2 pints mild ham stock

Cook beans and tomatoes in the stock to a pulp, press through a sieve, add sugar and seasonings and just before serving add the sherry.

(Yield: 8 portions).

### LEMON SOUP

2 pints lemonade

2 ozs. maraschino cherries

1 oz. sago

$\frac{1}{4}$  pint whipped cream

2 ozs. preserved ginger,  
diced

2 ozs. macaroons

Cook the sago in a little water till tender. Prepare 2 pints fresh lemonade, add sago, ginger and sliced cherries, chill, and serve with blobs of whipped cream and macaroons. (Yield: 6 portions).

N. B. Orange, Lime or Pineapple chilled soups can be prepared in the same way, for hot sunny days. Use green cherries for the lime or pineapple soup.

### LEMON SOUP, GREECE

3 pints chicken stock

juice of 2 lemons

2 ozs. rice

2 yolks of egg

Combine rice and lemon juice with stock, and cook till rice is tender. Beat egg yolks with a little of the stock and add to soup. Serve with salted crackers.

(Yield: 8 portions.)

### LENTIL SOUP

This is prepared the same as pea soup, by merely substituting lentils for peas. (See *Green Split Pea Soup*).

### LETTUCE SOUP

2 pints veal stock

1 oz. flour

1 large head of lettuce

1 tablespoon lemon juice

1 oz. butter

salt and paprika



Cook lettuce in 1 pint of the stock and press through a sieve. Heat butter in a pan and add flour and the other 1 pint of stock. Cook till smooth and creamy. Add lettuce purée, season to taste, re-heat, add lemon juice, and serve.  
(Yield: 6 portions).

### LIVER SOUP

- |                             |                                 |
|-----------------------------|---------------------------------|
| ½ lb. beef liver            | 1 oz. flour                     |
| 4 ozs. chopped mushrooms    | 1 teaspoon salt                 |
| 2 teaspoons chopped parsley | 2 pints beef stock              |
| 2 ozs. dripping             | ½ pint cream or evaporated milk |

Cut liver into small pieces, sauté with mushrooms and parsley in half the dripping, for 5 minutes. Add salt and stock, and simmer for ½ hour, or until liver is tender. Combine other half of dripping with flour and brown. Add liver mixture gradually and cook 5 minutes. Add cream and serve.

(Yield: 6 portions).

### LIVER VEGETABLE SOUP

Proceed as for Liver Soup, but before adding cream blend in the following cooked vegetables:

- |                        |                       |
|------------------------|-----------------------|
| 4 ozs. diced carrots   | 2 ozs. diced onion    |
| 4 ozs. green peas      | 4 ozs. diced potatoes |
| 4 ozs. chopped spinach |                       |

Heat well, add cream, and serve at once. The extra ingredients will give a total yield of 8 portions.

### LORNE SOUP

Put 4 pints of good stock into a stewpan with a carrot, a turnip, a small sprig of lemon-thyme, a bunch of parsley, and a little pepper and salt. Simmer gently for ½ hour. Pick all the white meat from the remains of a cold roast chicken, mince it finely, and pound it in a mortar with the yolks of 2 hard-boiled eggs, the crumb of half a French roll which has been soaked in milk and then pressed dry, and 2 ounces of blanched and pounded almonds. Strain the soup, and return it again to the saucepan. Stir the pounded ingredients thoroughly into it, simmer gently for a few minutes, and serve.

(Yield: 10 portions).

### MACARONI SOUP

(See also *Thick Macaroni*).

- 3 ozs. macaroni
- 1½ pints stock
- 2 ozs. grated cheese

Blanch the macaroni in salted water, drain, cool, and cut into short pieces. Cook it for about  $\frac{1}{2}$  hour in the stock. Season with salt and pepper. Serve with grated cheese.

### MEG MERILEES SOUP

A soup, or stew, for the sportsman when game is abundant.

In seasons of scarcity, meat helps to form the basis or stock; but for the gourmet, boil down a rather old hare, with the blood, the trimmings, and inferior parts of venison, and any game bones; but all should be fresh.

Boil in 3 quarts of water, with a bunch of savoury herbs, parsley, 2 large turnips, 2 carrots, 2 middle sized onions, each stuck with a clove, a dessert-spoonful of whole pepper, and one of allspice. When boiled to a pulp, strain, and add to the stock as great a variety of game as can be procured—a young, hare, or part of one (neatly jointed), blackcock, partridge, pheasant, grouse etc.—all cut, and well spiced, to be fried slightly, or not, according to taste, before being put into the strained stock. The blood of the hare must not be omitted.

Mix a little broth, and boil with a good thickening of rice-flour, to be afterwards stirred into the rest of the stock. More seasoning will be required of allspice, pepper and salt.

When boiling, throw in a dozen button-onions, 2 sticks of celery (cut into  $\frac{1}{4}$  inch lengths), and a small white cabbage (quartered). Simmer gently until the game is done, but not overdone. (Yield: 16 portions).

### MEXICAN BREAD SOUP

2 pints haricot bean soup	$\frac{1}{2}$ teaspoon marjoram
3 ozs. olive oil	$\frac{1}{2}$ loaf stale bread
4 ozs. onion, minced	2 ozs. grated cheese
salt and pepper	

Cut bread into 1 inch squares, fry in hot fat and drain. Sauté onion in olive oil until a light brown. Add bean soup, boil up, add bread and marjoram and simmer 20 minutes. Serve with grated cheese and sliced avocado pears.

(Yield: 5 portions).

### MINESTRONE, QUICK

(See also *Il Minestrone*, page 182)

$1\frac{1}{2}$ pints consommé	4 ozs. cooked onions
4 ozs. cooked cabbage	4 ozs. canned peas, drained
4 ozs. canned sweet corn	4 ozs. canned tomatoes
4 ozs. canned green beans	1 teaspoon salt
4 ozs. cooked Lima beans	2 ozs. parmesan cheese.

Combine all ingredients in the order listed and cook for 15 minutes. Serve with parmesan cheese and toast.

Or: Add 4 ozs. cooked macaroni and  $\frac{1}{2}$  clove garlic, minced. Omit sweet corn. (Yield: 8 portions).

### MOCK TOMATO BISQUE

1 pints milk	2 teaspoons sugar
2 ozs. dry breadcrumbs	sprig of parsley
1 pint fresh or canned tomatoes	$\frac{1}{2}$ bay leaf
$\frac{1}{2}$ onion	$\frac{1}{2}$ teaspoon salt
4 cloves	$\frac{1}{2}$ teaspoon pepper
2 ozs. butter	

Scald milk with breadcrumbs. Cook tomatoes with onion, cloves, sugar, parsley, bay leaf, salt, pepper and butter for 15 minutes. Force through a sieve. Add tomatoes to milk and serve at once with croûtons or crisp cracker biscuits. (Yield: 8 portions).

### MOCK TURTLE SOUP

Put in pan 6 pounds of cut veal bones, 2 sliced onions and 1 carrot, and 4 ounces of butter, and roast until brown. Then add  $\frac{1}{4}$  pound of flour and brown again. Change to a vessel, add 2 gallons of water, 1 can of tomatoes, a bouquet garni, some salt, a spoonful of black peppercorns, and 2 cloves, and boil for 2 hours. Add 1 pint of cooking sherry and boil again for 30 minutes. Skim, and remove the grease from the top, and strain through a cheesecloth.

Then take  $\frac{1}{4}$  of a boiled calf's head and cut in small squares and put in a pan with 1 glass of dry sherry, a little salt and cayenne pepper, and boil for 5 minutes. Now add the strained soup to the calf's head. Before serving, add 3 thin slices of smoked beef tongue cut in small diamond shapes, 3 chopped hard-boiled eggs, and a truffle cut in small squares.

(Yield: 16 portions).

### MOCK TURTLE SOUP, WITH PEAS

See recipe above. Add 8 ozs. fresh cooked garden peas just before serving.

### MULBERRY SOUP

2 lbs. mulberries	3 ozs. sugar
2 pints water	1 egg
1 blade of mace	4 ozs. cream or evaporated milk



Cook mulberries in the water with mace and sugar till fruit pulps. Remove mace. Blend egg with cream, add to soup, hold heat a short while without allowing it to boil, and serve.  
(Yield: 8 portions).

### MUSHROOM SOUP

3 ozs. butter	2 pints chicken stock
2 ozs. flour	$\frac{1}{2}$ oz. minced parsley
8 ozs. mushrooms (finely minced)	salt and pepper
	4 ozs. cream or evaporated milk

Heat butter in a pan and add flour and seasoning. Gradually stir in the chicken stock, stirring continuously until thick and creamy. Add mushrooms and simmer 20 minutes. Add cream and parsley. Taste for seasoning and serve.  
(Yield: 6 portions).

### MUSTARD SOUP

This is a soup I should like to see featured more often.

2 $\frac{1}{2}$ pints chicken stock	1 $\frac{1}{2}$ ozs. mustard
2 ozs. butter	4 yolks of egg
2 ozs. flour	$\frac{1}{2}$ pint cream or evaporated milk
fried croûtons	little salt

Heat butter in a pan and add flour and salt. Gradually stir in the chicken stock, stirring continuously until thick and creamy. Combine yolks of egg with mustard, add cream, mix well and add to soup. Hold heat for 3 minutes, but on no account allow to boil. Serve with fried croûtons.

(Yield: 8 portions).

### MUTTON SOUP, KITCHENER

Put in a pan 3 pounds of shin of beef, and a rack of lamb consisting of about six chops. Cover with about a gallon of water, add a little salt, bring to a boil, and skim. Then add 2 carrots, 2 turnips, 1 stalk of celery, 2 stalks of leeks, a bouquet garni, a spoonful of whole black peppers tied in cheesecloth, and  $\frac{1}{2}$  pound of large barley. Boil slowly. When the lamb is done remove, cut the chops apart and lay in soup tureen. When the vegetables are done remove the bouquet and the pepper bag; and cut the leeks, celery, carrots and turnips in small squares.

Continue boiling the beef and barley until soft. Then remove the beef, which may be used on the following day for an entrée dish if desired.

Add to the soup 2 ounces of butter, a glass of dry sherry, and the cut vegetables. Test for seasoning; and pour over the chops in the tureen. Sprinkle with chopped parsley.  
(Yield: 16 portions).

## NEAT'S FOOT SOUP

A neat's foot, or cow heel, which is the same thing, makes good gelatinous soup. The heel should be scalded, well cleaned, and boiled in clear stock. Three large heels will make 1 gallon of soup. Boil well with sweet herbs and seasoning to taste, together with the rind and juice of 2 lemons. When thoroughly cooked, the meat should be stripped from the bones and cut into convenient size pieces and returned to the soup. A pint of rich beef gravy added will improve the soup. If available, add also a glass of sherry.

## NORWEGIAN FRUIT SOUP

3 ozs. fine tapioca	$\frac{1}{2}$ teaspoon salt
3 pints water	4 ozs. cooked raisins
2 ozs. sugar	4 ozs. cooked stoned prunes
3 tablespoons lemon juice	

Cook tapioca and water together in a double boiler until transparent. Add remaining ingredients and cook for an additional 5 minutes. Serve hot or cold. *(Yield: 6 portions).*

## OAT SOUP

3 ozs. rolled oats	$\frac{1}{2}$ lb. cooked prunes
$1\frac{1}{2}$ pints water	1 oz. shredded almonds
$1\frac{1}{2}$ pints milk	salt and sugar to taste

Cook oats in the water until tender and press through a sieve. Scald milk, add all other ingredients, and serve. *(Yield: 8 portions).*

## OKRA SOUP

Okra can only be obtained in tins in England, as this is a delicious American vegetable, very gelatinous, with a slight flavour of fully ripened gooseberries.

Cook the soup in an earthenware casserole in the oven.

2 pints of veal stock	1 lb. tin of okra
2 onions, sliced and fried	sprig of thyme
$\frac{1}{2}$ lb. tomatoes, quartered	sprig of parsley
1 small capsicum	1 bay leaf

Place stock, vegetables and seasonings in the casserole and leave in the oven covered for 30 minutes. Wash, drain and slice the okra and add to contents of casserole, simmer another 15 minutes, and serve with fried bread croûtons.

Okra should not come into contact with iron vessels, hence the reason for cooking in an earthenware casserole. *(Yield: 6 portions).*

## OKRA GUMBO SOUP

3 pints water	$\frac{1}{2}$ oz. chopped thyme
1 young chicken, cut up	1 bay leaf
8 ozs. diced ham	1 lb. okra pods, sliced $\frac{1}{4}$ inch thick
1 onion, diced	$\frac{1}{2}$ pint tomato juice
$\frac{1}{2}$ oz. chopped parsley	2 ozs. butter

salt and pepper

Dredge chicken with salt and pepper, place in a pan with the melted butter and diced ham, cook under close cover for 10 to 15 minutes. Add onion, parsley and thyme, stir occasionally until browned, then add boiling water with bay leaf. Simmer 1 hour. Add sliced okra and tomato juice. Cook 10 minutes and serve.

Four ounces of boiled rice may be added if desired.

(Yield: 8 portions).

## OLD-FASHIONED POTATO SOUP

2 lbs. potatoes, cubed	1 oz. butter
2 pints milk	2 ozs. flour
salt and pepper	1 egg, well beaten
	$\frac{1}{2}$ pint milk

Boil potatoes until soft. Drain. Add milk and beat thoroughly. Season to taste. Work butter into flour and add egg and milk. Drop by teaspoonfuls into hot milk. Cover saucepan and cook about 10 minutes. Serve at once.

(Yield: 5 portions).

## OLD-FASHIONED VEGETABLE SOUP

$\frac{1}{2}$ lb. beef liver, diced	1 small onion, diced
3 pints beef stock	2 sprigs parsley, chopped
2 teaspoons salt	2 ozs. peas
2 ozs. shredded cabbage	2 ozs. diced potatoes
2 ozs. diced carrots	$\frac{1}{2}$ lb. spinach, chopped
2 ozs. diced celery root	4 ozs. tomatoes
2 tablespoons green pepper	2 ozs. diced turnip

Wash liver in running water and cut into small pieces. Add to stock, heat to boiling and simmer 1 hour, or until liver is tender. Add remaining ingredients and cook 1 hour longer or until vegetables are tender.

(Yield: 8 portions).

## ONION SOUP (French)

2 lbs. onions, sliced	French bread, sliced thin
2 ozs. butter	4 ozs. grated cheese
3 pints stock	salt and pepper



Melt butter in a pan and sauté onions until a rich brown. Add stock and simmer for 20 minutes. Sprinkle sliced French bread with the cheese and toast under the grill. These slices of bread are served floating on each portion. (Yield: 8 portions).

### ONION SOUP, AU GRATIN

Slice 3 onions very fine, put in a casserole with 3 ounces of butter, put on the cover, and simmer until of a golden colour. Then add 1 quart of consommé, stock or any good broth (consommé preferred), season well, and boil for 5 minutes. Slice 3 rolls very thin and put in oven and allow to remain until brown and dry, like toast. Put the soup in an earthen casserole, float the slices of rolls on top, spread a cup of grated cheese over the bread, put in a hot oven and cook until brown on top. Serve very hot. (Yield: 6 portions).

### ONION AND PEA SOUP

2 ozs. butter	4 ozs. pea purée
2 onions, sliced thin	4 ozs. evaporated milk
1 pint beef stock	$\frac{1}{4}$ teaspoon salt, dash pepper

Melt fat, add onions and sauté until a light brown. Combine remaining ingredients, add onions, and simmer about 10 minutes. Serve hot. (Yield: 4 portions).

### ONION INTOXICATING SOUP

2 lbs. onions, sliced	6 eggs
2 ozs. butter	1 glass port
3 pints stock	2 ozs. chopped unripe walnuts
1 bottle champagne	$\frac{1}{2}$ ripe camembert cheese
1 pinch of mace	salt and pepper

Melt butter in a pan and sauté onions until a rich brown. Add stock and simmer with seasonings for 20 minutes, add champagne, then stir in camembert. Beat eggs with port and stir in. Lastly, add the chopped unripe walnuts.

### ONION AND TOMATO SOUP

Slice 4 onions very fine, put in a pan with 2 ounces of butter, and simmer until done. Then add 4 peeled and chopped tomatoes, and 2 quarts of bouillon, chicken broth, or consommé. Season with salt and pepper, and boil for  $\frac{1}{2}$  hour. Serve grated cheese separately, and rolls cut in thin slices and toasted. (Yield: 10 portions).

## ROSY OX-TAIL SOUP

2½ pints thick ox-tail soup (*which see*)  
½ teaspoon paprika  
½ pint red wine  
2 bunches chopped watercress

Strain the ox-tail soup, add the paprika and wine, re-heat to boiling point, stir in watercress, and serve. (*Yield: 8 portions*).

## PANNADE SOUP

Take a half loaf of stale white bread, or some rolls, and put in a pot with 3 pints of water, season with salt and pepper, add ¼ lb. of butter, cover, and boil slowly for 1 hour. It will then be of the consistency of gruel. Mix the yolk of 2 eggs with a cup of cream, and ½ cup of milk, and stir slowly into the boiling soup. This is an excellent plain soup, and fine for the digestion. (*Yield: 8 portions*).

## PANCAIL SOUP

Shred a pound of cabbages, savoys, or bunch of greens very finely, and throw them into a quart of boiling water, which has been thickened with oatmeal, and seasoned with pepper and salt. Add 2 ounces of butter or good beef dripping, and simmer gently for 1½ hours. Or, partially boil and mash the greens, boil them for ½ hour with a quart of good stock, and thicken the soup with powdered biscuit or finely grated breadcrumbs. (*Yield: 6 portions*).

## PEA POD SOUP

3 lbs. fresh peas	2 teaspoons salt
3 pints cold water	½ teaspoon pepper
1 oz. sugar	2 ozs. butter

Wash pea pods thoroughly. Shell peas and add pods to cold water. Heat to boiling and simmer about 1 hour or until tender. Rub through a sieve. Cook peas in pod liquor until tender, 15 to 25 minutes. Rub through a sieve. Season with sugar, salt, pepper and butter. If very thick, add additional water, milk or cream. (*Yield: 6 portions*).

## PEA SOUP

4 ozs. dried whole green peas	1 onion, chopped
3 pints water	1 strip bacon, chopped and broiled
1 small pig's foot	
2 ozs. celery root, sliced	2 ozs. smoked sausage, fried
1 leek, sliced	pepper and salt

Soak peas overnight in cold water. Cook in 3 pints of fresh water with remaining ingredients. When peas are tender, remove from heat and quickly add 1 cup of cold water. This helps to soften the skins. Purée everything except the pig's foot and season with pepper and salt. Add bacon and sausage after soup has been puréed. *(Yield: 6 portions).*

#### PEA SOUP WITH FRANKFURTERS

4 cups dried marrowfat peas	1 small onion
3 pints water	1 teaspoon salt
1 ham end	$\frac{1}{2}$ teaspoon pepper
2 ozs. diced celery	$\frac{1}{2}$ lb. grilled Frankfurters

Soak peas 12 hours. Drain. Combine with other ingredients, except Frankfurters, and cook slowly 4 hours. Remove ham bone and dice 1 cup of meat. Skim fat from soup, and add ham and sliced Frankfurters.

*(Yield: 8 portions).*

#### PEA SOUP WITH MACARONI

4 cups dried marrowfat peas	1 small onion
3 pints water	1 teaspoonful salt
1 ham end	$\frac{1}{2}$ teaspoon pepper
2 ozs. diced celery	8 ozs. cooked macaroni

Soak peas 12 hours. Drain. Combine with other ingredients, except macaroni, and cook slowly for 4 hours. Remove ham bone and dice 1 cup of meat. Skim fat from soup and add ham and cooked macaroni. *(Yield: 8 portions).*

#### PEA SOUP WITH VERMICELLI

One quart of Purée of Pea soup mixed with one pint of Consommé Vermicelli. *(Yield: 8 portions).*

#### PEACH SOUP

6 large ripe peaches	$\frac{1}{2}$ pint water
8 ozs. sugar	$\frac{1}{2}$ pint claret

wafers and macaroons

Peel and quarter the peaches, slice 2 and sprinkle with a little sugar, and place them in a tureen in a cool place. Press the other 4 peaches through a sieve and add the peach kernel, blanched and cut in strips. Make a syrup of sugar and water, stir into peach purée, re-heat (but do not boil), add the claret and pour over peaches in tureen. Chill. Serve with ice wafers or macaroons. *(Yield: 3 portions).*



## PEANUT BUTTER SOUP

3 pints milk	2 ozs. flour
2 ozs. butter	4 ozs. peanut butter
	salt

Scald the milk, add butter and flour previously well creamed together and stir constantly till thick and creamy. Add peanut butter and salt and cook only a few minutes, and serve.

The flavour of this soup depends entirely on the quality of the peanut butter used. (Yield: 8 portions).

## PEPPER POT POTAGE

1 lb. tripe, cubed	2 ozs. diced green pepper
1 lb. stewing beef, cubed	2 ozs. fat
3 pints water	2 ozs. flour
1 medium onion, diced	2 medium potatoes, diced
2 ozs. diced celery	8 ozs. tomatoes
	1 tablespoon salt

Cover meat with cold water, heat to boiling and simmer until meat is tender. Combine onion, celery, tomatoes and green pepper, and simmer in fat for about 15 minutes. Add flour and stir until blended, add meat, stock, potatoes and seasoning. Cover and simmer for 1 hour. Serve hot.

(Yield: 8 portions).

## PETITE FERMIERE

1 oz. butter	1 leek, sliced fine
2 carrots, diced	4 ozs. shelled green peas
1 small turnip, diced	salt to taste
2 ozs. shredded cabbage	1 potato, diced
3 pints stock	tablespoon minced parsley

Melt butter in saucepan; add carrots, turnip and cabbage and cook gently for a few minutes. Add soup stock, leek, green peas and salt. Cover and simmer for 40 minutes. Add potato and parsley and cook 20 minutes longer.

(Yield: 8 portions).

## PETITE MARMITE

1 quart chicken or beef stock
1 cup turnips (diced)
1 cup carrots (sliced)
1 cup dry breadcrumbs

This soup is named after the earthen pot in which it is cooked, and usually is eaten from smaller, individual earthen pots, called *petites marmites*.

(Yield: 6 portions).

## PEASANT VEGETABLE SOUP

3 lbs. fresh peas	$\frac{1}{4}$ teaspoon pepper
3 pints cold water	2 ozs. butter
1 oz. sugar	1 large carrot
2 teaspoons salt	1 large turnip

Wash pea pods thoroughly and shell peas. Put pea pods and vegetables in cold water. Heat to boiling and simmer about 1 hour or until tender. Rub through a sieve. Cook peas in pod liquor until tender, 15 to 25 minutes. Rub through a sieve; season with sugar, salt, pepper and butter. If very thick add additional water, milk or cream. *(Yield: 6 portions).*

## POLISH APPLE SOUP

2 lbs. apples	1 pint claret
1 stick cinnamon	2 ozs. red currant jelly
2 strips lemon peel	3 ozs. sugar
2 pints water (boiling)	2 ozs. breadcrumbs
juice of 1 lemon	

Place sliced apples, cinnamon, lemon peel, breadcrumbs and boiling water in a pan and cook till tender. Remove lemon and cinnamon, and press through a sieve into a tureen. When cold add lemon juice, sugar, claret and melted jelly. Serve with wafers. *(Yield: 8 portions).*

## POLISH BARLEY SOUP

3 ozs. pearl barley	1 leek, chopped
3 pints stock	2 ozs. chopped celery
2 ozs. butter	2 ozs. sliced mushrooms
2 onions, chopped	1 teaspoon salt
2 carrots, diced	$\frac{1}{2}$ teaspoon pepper
1 turnip, diced	4 tablespoons sour cream

Simmer barley in half of stock until tender; add butter gradually. Boil chopped vegetables until tender in the remainder of the stock, then add the cooked barley and seasoning. When ready to serve, add sour cream. *(Yield: 8 portions).*

## POLISH SOUR MILK SOUP

2 pints sour milk	2 cucumbers, pared, sliced and salted
$\frac{1}{2}$ pint cream	3 hard-cooked eggs
$\frac{1}{4}$ pint sour beet juice	4 ozs. cooked veal, diced
4 ozs. cooked beet tops	$\frac{1}{2}$ teaspoon salt
few sprigs dill, chopped	dash of pepper

Beat sour milk and cream separately until bubbles show on the surface, add juice, chopped beet tops, dill and cucumbers. Mix all together, adding the chopped hard-cooked eggs and veal. Season to taste, place on ice and, when serving, place a piece of ice in each plate. *(Yield: 8 portions).*

### PORK AND VEGETABLE SOUP

1 lb. salt pork, cubed	4 ozs. sliced cabbage
3 pts. water, or mild ham stock	4 ozs. haricot beans
8 ozs. sliced leeks	sprig of parsley
8 ozs. sliced celery	1 clove of garlic, crushed
2 ozs. sliced onions	pepper to taste
salt, only if required	

Place all ingredients in a pan together, simmer 2½ to 3 hours. Remove parsley and serve. *(Yield: 8 portions).*

### PORTUGUESE DRY SOUP

2 pints good stock	1 small stale loaf of bread
2 ozs. butter	seasonings

Sprigs of thyme, parsley, mint and tarragon

Cut crust from bread, slice and soak in the stock. Place all ingredients in a pan and bring steadily to boiling point. Remove herbs, turn mixture into a casserole, and bake in a moderate oven until brown and crusty. Serve at once. *(Yield: 4 portions).*

This novelty soup is still served in Portugal, its popularity having stood the test of time.

### POTATO SOUP

2 pints veal stock	½ pint milk
1 lb. potatoes	1 oz. butter
1 onion	1 oz. fine sago
salt and pepper	chopped parsley

Sauté potatoes and onion in butter for 10 minutes, but do not brown. Add stock and cook slowly till potatoes are tender. Then force all through a sieve and return purée to saucepan. Add salt and pepper, milk and sago, boil up again for a few minutes, and serve with a little finely chopped parsley. *(Yield: 8 portions).*

### POTATO AND CABBAGE SOUP

2 ozs. chopped onion	salt and pepper
2 ozs. butter	8 ozs. diced potatoes
1½ pints water	8 ozs. chopped cabbage
1 can evaporated milk	



Cook onion slowly in butter until yellow. Add water, salt, potatoes and cabbage, and cook till tender. Add evaporated milk and re-heat. Serve with freshly chopped parsley and a dash of paprika. *(Yield: 5 portions).*

### POTATO AND LEEK SOUP

Simmer in butter 1 chopped onion and 4 stalks of leeks cut in small dice. When golden yellow add 1 tablespoonful of flour, mix, add 1 pound of potatoes cut in dices  $\frac{1}{4}$  inch square, 1 quart of stock or bouillon, and a bouquet garni. Boil until potatoes are done. Season with salt, pepper, a little grated nutmeg and chopped parsley. *(Yield: 8 portions).*

### POTATO AND SHRIMP SOUP

1 lb. peeled shrimps	1 oz. minced onion
1 lb. peeled potatoes, boiled and mashed	2 pints thin cream sauce 1 oz. butter

Sauté onion in butter, add shrimps and toss well. Add 1 pint water or fish stock and simmer 5 minutes. Add to cream sauce and lastly beat in the mashed potato. Season to taste and serve. *(Yield: 8 portions).*

### POTATO AND SPINACH SOUP

See Potato and Cabbage Soup. Use spinach in place of cabbage, omit paprika, and serve with fried croûtons. *(Yield: 5 portions).*

### POTATO SOUP, DIEPPOISE

In a saucepan put 3 ounces of butter, 1 sliced celery root, 2 leeks,  $\frac{1}{2}$  dozen sliced parsley roots, and simmer for 5 minutes. Then add 2 pounds of potatoes sliced very thin, and 2 quarts of bouillon. Season with salt and pepper, and boil for 45 minutes. Just before serving, add 2 rolls that have been sliced thin and toasted in the oven, and a little fresh-chopped parsley. *(Yield: 10 portions).*

### POTATO SOUP, FAUBONNE

Put 1 quart of Purée of Potato soup and 1 quart of Consommé Julienne in a pan and bring to a boil. Bind with the yolks of 3 eggs mixed with a cup of cream. Serve with a little chopped parsley and chervil. *(Yield: 10 portions).*

### POT-AU-FEU

Put in a pot 1 brisket of beef; or 5 pounds of short ribs of beef; 2 gallons of cold water, and a handful of salt. Bring slowly to a boil and skim well,

so the broth will remain clear. When the boiling point is reached, add 2 whole carrots, 2 turnips, 3 stalks of leeks, 1 stalk of celery, a bouquet garni, 1 small head of savoy cabbage, and 2 large onions, all well washed. Bring to the boiling point again, cover, and put on the side of the stove where it will simmer slowly.

The vegetables will be done before the meat, so when they are cooked remove them and throw out the bouquet garni. Let the beef cook until very soft. Cut the vegetables, with the exception of the onions, in thin slices; and when the beef is done strain the broth over the vegetables. Give it another boil, season well, add some chopped chervil, and serve with toasted bread crusts, separate.

The boiled beef may be served as an extra course, usually after the soup, if no fish is served. *(Yield: 20 portions).*

### POULTRY CARCASE SOUP

The best feature of any poultry dinner is the aftermath. The pickings of the cold carcase, the poultry sandwiches, and last, but not least, the soup made from the carcase, dressings, giblets and gravy.

Place the poultry carcase, dressings (or stuffing), the giblets and gravy (not forgetting the feet), all in a pan, and cover with cold water. Throw in a sliced onion, one sliced carrot, and let simmer for 1½ hours; then strain.

If preferred, the soup may be thickened with barley flour to give it body.

### PRINCE OF WALES SOUP

This is a Thick Mock Turtle soup garnished with quenelles of veal. To each 3 pints add 60 tiny veal quenelles. Three pints will be sufficient for 8 persons.

### PUMPKIN SOUP

This soup is popular on the West Coast of Africa, and is a fast-day soup for the peasants of Italy.

4 ozs. butter	4 ozs. cream
1 pint cooked pumpkin purée	2 pints milk
1 oz. sugar	2 ozs. rice
salt and pepper	

Melt the butter, add pumpkin purée, salt and pepper, and simmer for 45 minutes. Cook the rice in the milk until tender and add to pumpkin purée. Add sugar, and lastly the cream. *(Yield: 8 portions).*

## QUEEN SOUP

2 pints rich reduced chicken stock	12 ozs. boiled rice (weight when cooked)
1 lb. chicken purée	salt and pepper
¼ pint cream or evaporated milk	

Pound and pulp the chicken meat to a purée with the boiled rice. Add to chicken stock (it being assumed onions and carrots were added in making), simmer for 30 minutes, add seasonings, and just before serving, add the cream. Do not allow soup to stand on the stove once the cream is added.

(Yield: 8 portions).

## QUINCE SOUP

Another of those chilled soups to serve on a hot summer's day.

1 lb. quinces, peeled and diced	2 ozs. sugar
4 ozs. boiled rice (weight when cooked)	1 × 1 in. stick of cinnamon
	4 thin slices of lemon

Cover all ingredients with boiling water and simmer till fruit is tender. Press all through a sieve. Chill, and serve with ice wafers.

(Yield: 5 portions).

## RABBIT CRÉOLE POTAGE

1 young rabbit (1½ lbs.)	2 ozs. rice
3 pints water	1 oz. butter
1 small onion, chopped	salt
½ bay leaf	cayenne pepper
½ blade of mace	2 glasses port wine

Wash the rabbit well and cut into joints. Sauté onion and herbs in butter till brown, and place in a pan with water and rabbit. Simmer gently until rabbit is tender. Add rice, salt and pepper, and simmer till rice is cooked. Stir in port wine. Serve soup with fried croûtons. (Yield: 8 portions).

N. B. Do not remove the rabbit as this is a soup which is a meal in itself.

## RABBIT SOUP WITH CHOPPED PARSLEY

1 rabbit	1 oz. chopped green parsley
4 pints cold water	3 ozs. pearl barley
2 sliced onions	salt and pepper
2 sliced celery stalks	2 ozs. butter

Sauté vegetables in the butter but do not brown. Add barley and toss one minute. Add to the rabbit and cold water, with a little salt, and simmer till rabbit is tender. Remove rabbit (use the rabbit later for some other purpose), add parsley and pepper, simmer 3 minutes, and serve.

(Yield: 8 portions).



## RED POTAGE

4 tablespoons butter	2 cups stock
2 cups tomato pulp	1 teaspoon salt
2 cooked beets	1 teaspoon paprika
1 cooked parsnip	4 tablespoons flour
1 cup baked beans	4-5 drops Tabasco
1 cooked celery stalk	shredded red pimiento

Melt butter in soup kettle, add all cooked vegetables after mixing together and pressing through sieve. Heat through, add stock, salt and paprika. Thicken with flour rubbed to paste with a little stock. Stir to boiling point, cook 5 minutes. Garnish with finely shredded pimiento.

This is a far cry from Esau's "mess of pottage" which, of course, was made of lentils, and is probably the oldest soup known. *See Potage Esau, page 119.*  
(Yield: 6 portions).

## RICE SOUP, À L'ALLEMANDE

Put 3 ounces of butter and 2 tablespoonfuls of raw rice in a pan and heat through. Then add 2 tablespoonfuls of flour and heat again. Then add 2 quarts of strained boiling chicken broth, and boil slowly for an hour. Stir occasionally so the rice will not burn on the bottom of the pan. Season with salt and white pepper.  
(Yield: 10 portions).

## RICE SOUP, PALERMO

Heat 2 ounces of butter in a pan, add 2 ounces of rice and 1 ounce of flour, and heat through. Then add 3 pints of chicken broth, and boil slowly. Keep stirring carefully so it will not burn on the bottom, but do not break the rice. When the rice is soft, bind the soup with the yolks of 3 eggs mixed with 1 pint of cream. Keep stirring the soup until it nearly comes to a boil; taste to determine as to seasoning; add a tiny bit of grated nutmeg, a little cayenne pepper, and the juice of 2 lemons, freshly squeezed.  
(Yield: 8 portions).

## RIPE OLIVE SOUP

2 pints of milk	8 ozs. diced ripe olives
1 oz. grated onion	2 ozs. butter
2 ozs. diced celery	2 ozs. flour
salt and pepper	

Combine milk, onion and celery, heat to boiling, and strain. Melt butter, blend in flour, salt and pepper, add milk gradually, stirring constantly. Cook slowly 5 minutes. Add olives. Re-heat, and serve with cheese straws.

(Yield: 5 portions).

## ROÇOL SOUP À LA Russe

In a pan put 1 veal knuckle, 1 pound of shin of beef, 2 slices of raw bacon, 2 slices of raw ham, and 1 soup hen. Cover with 4 quarts of water, add a spoonful of salt, bring to a boil, and skim well. Then add 2 carrots, 2 onions, 2 turnips, and a bouquet garni. As the meats become soft, remove and cut in small squares. Then strain the broth through a cheesecloth into another pan. Take off the fat from the top and bring to a boil. While it is boiling let  $\frac{1}{2}$  pound of farina run slowly into it. Cook for 15 minutes, add the meats, season with salt, pepper, and a little chopped parsley and fennel.

(Yield: 15 portions).

## RUSSIAN BEEF AND CABBAGE SOUP

(*Shchit*, not *Stchy*, pronounced like a sneeze!)

The aristocratic recipe requires beef, pork and duck, but a simple short cut is as follows:

3 pints beef stock	2 ozs. butter
4 ozs. lean pork	1 oz. flour
2 large onions	1 large cabbage
1 bunch young spring carrots	1 leek
chopped green fennel	sour cream

seasonings to taste

Dice onions and sauté in butter, add flour, add stock gradually, stirring constantly. Add diced pork, small carrots, sliced leek. Simmer till pork is tender and then add chopped fennel. Now add the cabbage, blanched and coarsely chopped. Simmer 45 minutes. Sour cream is stirred into the soup a few minutes before serving.

For the real hardy annuals, use sauerkraut in place of the whole cabbage.

(Yield: 8 portions).

## RUSSIAN NETTLE SOUP

(*Krapivnie Shchi*)

This is another Russian speciality.

3 pints beef stock	4 grilled sausages
1½ lbs. young nettles	sour cream
¼ lb. sorrel	salt and pepper to taste

Proceed as for Russian Beef and Cabbage Soup, adding the blanched nettles and sorrel to the stock, and cook only 30 minutes at that stage. The grilled sausages are sliced and added to the soup 15 minutes before taking up. Sour cream is stirred into the soup a few minutes before serving.

(Yield: 8 portions).

Russian peasant women know how to make a soup, and for the provincial house this soup is well worth a trial. It is sure to make for conversation during the dinner.

### SAGO SOUP

3 pints veal stock	2 yolks of egg
2½ ozs. small sago	¼ oz. sugar
4 ozs. cream or evaporated milk	salt and pepper

Heat stock almost to boiling point, add sago and sugar, simmer 30 to 35 minutes. Season to taste. Blend cream with yolks of egg and place in a tureen. Now pour soup into the tureen slowly, stirring continuously.

(Yield: 8 portions).

### SAGO, FRUIT AND WINE SOUP

*(The ideal summer soup)*

1 pint claret	1 lb. mixed soft fruit (strawberries, raspberries or loganberries)
1 pint water	2½ ozs. sago
2 inch stick cinnamon	4 slices of lemon
1 oz. sugar	

Place all ingredients together, boil for 20 to 30 minutes, remove cinnamon and lemon slices. If too thick, add a little more wine and water. Chill well, and serve cold with macaroons.

(Yield: 6 portions).

### SAGO AND RASPBERRY SOUP

This, of course, would be as above, using fresh raspberries. This soup is better when there is a blend of soft fruit and is not so good when one fruit only is used.

### SALSIFY SOUP

Quite an unusual soup this, and why the salsify is not used more, with its delicious flavour, really cannot be understood.

3 lbs. salsify roots	salt
2 pints veal stock	1 pint milk
juice of 1 lemon	4 ozs. cream or evaporated milk
2 ozs. butter	1 egg

Scrape the salsify and as prepared drop the roots into clear cold water. When all are prepared place the salsify, stock, salt and lemon juice on the stove to boil. Cook till tender and press all through a sieve. Return purée to pan, add butter and milk, and bring all to the boil once. Combine egg with cream and add to soup away from the fire, stirring vigorously. Serve at once.

(Yield: 8 portions).



## SAUERKRAUT SOUP

(See also *Russian Beef and Cabbage Soup—Shchi*).

1 lb. sauerkraut	1 oz. arrowroot
2 pints beef stock	$\frac{1}{2}$ teaspoon chili powder
$\frac{1}{4}$ teaspoon caraway seeds	

Cook sauerkraut with stock and chili powder, with the caraway seeds tied in muslin, for 10 minutes. Remove caraway seeds, thicken the soup with arrowroot moistened with stock. Flick one or two fresh caraway seeds into each soup plate when serving. *(Yield: 6 portions).*

## SCOTCH KALE (or KAIL)

Mutton stock in which sliced onions and leeks are cooked with a little barley, a liberal quantity of shredded cabbage is added when other ingredients are almost cooked.

Scotch Kale is the Pot-au-Feu of Scotland, but it differs from Pot-au-Feu in having only the green vegetables, from which it derives the name of "Kale". Use onions, leeks, and cabbage, and a little barley—no carrots, turnips, or the like.

*Note.* Some of the old-fashioned recipe books are not so old when they will insist on naming Scotch Kale soup as "Kail". It is true the variety of cabbage from which this soup is made is in fact Kale, so the true Scot will always refer to it as Kale. When in Rome do as Rome does. Sufficient unto the day; if the Kale soup is Scotch, do not insult him by calling it any other than Kale.

## SEMOLINA SOUP

See Sago Soup. Proceed the same, substituting semolina for sago, but for goodness' sake—for flavour's sake—use maize semolina, and not the so-called semolina from wheat.

*(Yield will be, if ingredients are the same, 8 portions).*

## SNOW POTAGE

This was a snobbish name given to Cream of Rice Soup as far back as the 17th century.

Proceed as for Cream of Rice soup, using perfectly clear white stock, and do not use any egg yolks. It would be best to feature this soup the first day the sun broke through on a snow-covered ground.

## SORREL SOUP

Sorrel soup is really a Polish soup, but one often finds sorrel popping up in Ukrainian and Russian soups, and it indicates the peasant mode of living to a great extent.

1 pint beef stock	8 ozs. prepared potatoes
1 pint milk	1 oz. butter
1 lb. fresh sorrel	2 yolks of egg
little sour cream	salt and pepper

Scald the sorrel after well washing and cleaning it. Chop it finely and cook in the butter till tender. Rub through a sieve. Meanwhile, cook potatoes to a pulp in the stock, add sorrel purée and then add the milk. Season to taste, and just before serving combine the egg yolks with the sour cream. Add away from the fire, stir well, and serve. *(Yield: 6 portions).*

## SORREL SOUP, À L'EAU

Clean 1 pound of sorrel, wash well, and slice very thin. Put in a pan with 2 ounces of butter, cover, and simmer for 5 minutes. Then add 2 quarts of water, season with salt and pepper, add 3 sliced rolls, or  $\frac{1}{2}$  loaf of sliced French bread, and boil slowly for 1 hour. Put the yolks of 3 eggs in a large cup and fill with cream, mix, and let it run into the soup. Serve at once. *(Yield: 8 portions).*

## SORREL SOUP WITH RICE

Wash a large handful of sorrel, remove the stems, and slice very thin. Put 2 ounces of butter and 3 ounces of rice in a pan, and heat. Then add the sorrel and simmer for 5 minutes. Then add 2 quarts of bouillon, chicken broth or stock, season with salt and pepper, and boil slowly for 30 minutes. When rice is soft it is ready to serve. *(Yield: 10 portions).*

## SOUP FROM CHICKEN FEET

Those chicken feet are the most nutritious part of the bird and should never be thrown away. They should be used for making gravy, and for invalids they will make the most delicious broth. One has only to see the gelatinous broth (when cold) to realise how much goodness there is in chicken feet.

Singe the feet, wash well, and drop into boiling water with a little salt for 10 minutes. Skin and break the feet and this time place in cold water with a little salt. Cook the feet until they actually fall apart. Strain, and use for any purpose when chicken stock is required.

## SOUR MILK SOUP

2 pints milk  
1 small carton sour cream (4 ozs.)  
1 oz. sugar  
 $\frac{1}{8}$  teaspoon ground ginger

Spread  $\frac{1}{8}$  oz. sour cream over the bottom of each soup bowl or plate. Set in a warm place and fill with milk (6 plates). Cover with muslin and leave till milk has soured. Chill thoroughly and serve sprinkled with sugar and a little ginger. *(Yield: 6 portions).*

*Note.* Many a notability has thrived on sour milk, and how to get that milk to sour without acidity or staleness has always been a secret. Fresh milk poured into any unwashed vessel which has held sour milk will quickly turn without age.

Once in a lifetime every cook or chef is faced with the problem of producing sour milk quickly. Soured milk, and milk acid with age, are two different things.

## SOYBEAN SOUP

8 ozs. dried soybeans	salt, pepper, paprika
1 oz. minced onion	8 ozs. tomato purée
3 pints water or veal stock	1 oz. butter
2 oz. flour	

Soak beans overnight. Simmer in stock or water till soft, press through a sieve, combine with tomato purée and return to pan. Sauté onion in butter till brown, add flour, add to soup and stir till smooth and creamy. Season to taste with salt, pepper and paprika. *(Yield: 8 portions).*

## SPANISH GARLIC SOUP

2½ pints water	2 ozs. olive oil
3 hard-boiled eggs	10 cloves of garlic
6 slices of bread	

Simmer the garlic (crushed) in the olive oil, but do not brown. Add 1 pint of the water and cook till tender. Add remaining water and bring all to the boil.

Fry six slices of bread in olive oil, place one in each soup plate, pour in soup, and sprinkle the chopped hard-boiled egg on top.

*(Yield: 6 portions).*



## SPARKLING WINE SOUP

(*Weinschaumsuppe* - Germany)

1 pint sparkling moselle	juice of $\frac{1}{2}$ lemon
1 pint water	1 oz. flour
grated rind of $\frac{1}{2}$ lemon	3 ozs. sugar
3 eggs	

Beat the eggs to a cream with the sugar. Add lemon juice and grated lemon rind, flour, and then add water and wine. Simmer all on a slow fire, stirring constantly, but never let the soup actually boil. When hot, the soup will be light and frothy, and is ready to serve. (Yield: 6 portions).

## SPLIT PEA SOUP (No. 1)

So easy—yet so much to learn!

Whole peas are wrapped by Nature with a hard water-resistant covering. That is why whole peas require long hours of soaking, frequently overnight.

Split peas are different. Splitting peas removes the hard covering, exposes the porous, absorbent inside kernel: thus split peas seldom need soaking. To soak or not to soak peas for soup: definitely soaking peas does not improve the texture of the soup.

The next step, should one use hot or cold water in pea soup making? If hot water is used there will be less sticking.

Whether to boil or simmer? Where speed is not essential, simmer the peas. You either boil in  $1\frac{1}{2}$  hours, or simmer in 3 hours. When boiling, more attention is required and more stirring.

Does a pea soup need a thickener? If you use enough split peas no thickener will be required, but you will need to stir the soup to prevent settling. Thickeners are sometimes added to pea soup to prevent settling where it is served in bulk and has to stand a long time.

Purée-ing will be found quite unnecessary in split pea soup, but if whole peas are used the soup must be passed through a sieve to remove the skins.

To keep in the goodness of a split pea soup, cook under cover.

As to seasonings, mint, salt and pepper, remember it is a *split pea* soup you are making.

Should water or stock be used? Ham stock is by far the best, provided it is not smoked ham. English matured ham will give the ideal stock, but never, never use stock from smoked ham. It will ruin any flavour except a navy bean soup.

As for onions, bake them instead of sauté-ing them, and last but not least, a little horseradish added will impart zest that is both puzzling and pleasing. For garnishing, try chopped hardboiled eggs, chopped watercress or dill.

Yes, good cooking and good recipes are not all imports from France. The Englishman to-day has tricks that puzzle the French chef, even in simple pea soup.

Now for the recipe:

4 pints ham stock or water	1 oz. diced celery
1 lb. good split peas	$\frac{1}{2}$ oz. salt (only if water is used)
2 ozs. diced carrot	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{4}$ oz. freshly grated horseradish	

Put stock on to boil with prepared vegetables. When boiling, add rinsed split peas. Add salt and pepper. Simmer for just over 3 hours. Add a little more stock or water if lost through evaporation in cooking and soup is too thick. Add horseradish, and serve at once with fried croûtons.

*(Yield: 10 portions).*

### SPLIT PEA SOUP (No. II)

Wash 1 lb. split peas and place them in a pan with 4 pints water, 2 diced slices of bacon, 1 sliced onion,  $\frac{1}{2}$  clove of garlic, 1 diced celery stalk, and 1 diced carrot. Cook gently until peas are tender, press all through a sieve, add a dessertspoon of lemon juice, seasoning to taste, and serve.

*(Yield: 10 portions).*

### SPRING SOUP

1 large bundle of asparagus	12 young carrots
2 lbs. peas in pod	1 very small cucumber

Clean the asparagus and cut off the heads 2 inches from the top. Shell the peas (save the pods). Clean carrots and quarter them. Peel the cucumber (save the peel), and dice.

Place the pea pods, asparagus stalks, cucumber rind, in a pan and cover with veal stock. Simmer 1 hour and strain.

Place the vegetable stock in a pan with the young quartered carrots and cook till almost done. Add asparagus heads, peas and diced cucumber and cook till tender. A little chopped chervil may be added if desired. Serve at once.

*(Yield: 8 portions).*

### SQUIRREL SOUP

See Rabbit Soup with Chopped Parsley. Proceed on exactly the same lines, using squirrel in place of rabbit.

### SUNDAY SUPPER SOUP

1 small can peas
2 small cans baked beans in tomato sauce
2 cans water
1 can milk

Bring all to boil, simmer 5 minutes, season to taste, and serve.

*(Yield: 6 portions).*

## SWEDISH APPLE SOUP

2 pints water	2 ozs. sugar
1 lb. cooking apples	1 inch stick cinnamon
rind of $\frac{1}{2}$ lemon	2 ozs. raisins
juice of $\frac{1}{2}$ lemon	1 oz. arrowroot

Place cored and chopped apple in a pan with water, sugar, rind of lemon and cinnamon. Simmer till apple is soft and press through a sieve. Thicken the mixture with the arrowroot moistened with 2 ozs. water, cook well. Add lemon-juice and scalded and seeded raisins. Serve cold with whipped cream and iced wafers. *(Yield: 5 portions).*

## SWEDISH ASPARAGUS SOUP

1 bundle asparagus	1 teaspoon of sugar
3 pints veal stock	salt and pepper
2 ozs. butter	4 ozs. cream or evaporated milk
2 ozs. flour	1 yolk of egg

Melt butter, add flour and combine stock gradually, stirring constantly. Cut the heads off the cleaned asparagus and add stalks to soup. Simmer till stalks are tender and press all through a sieve. Add sugar and seasonings. Combine cream with the beaten egg yolk and add to soup, and lastly, the asparagus heads cooked separately. *(Yield: 8 portions).*

## SWEDISH BLACK SOUP

*(Chiefly served in Sweden on November 11th, Marten Gas).*

1 set goose giblets (inc. feet)	2 ozs. sugar
3 pints beef stock	$\frac{1}{4}$ teaspoon ginger
1 cup pig's blood	$\frac{1}{4}$ teaspoon ground cloves
1 lb. apples (peeled and cored)	2 ozs. flour
$\frac{1}{2}$ lb. prunes	1 large glass of port
salt and pepper	$\frac{1}{2}$ lb. cooked sausage

Soak giblets in lightly salted water overnight, drain and rinse well. Cook giblets in 2 pints of the stock till tender. Strain and cut giblets into neat pieces. Cook apples and prunes in the other 1 pint of stock, together with sugar and ginger and cloves.

Combine fruit pulp with the gilet soup. Now mix together the pig's blood, flour and a little stock, gradually add to soup, stirring constantly to avoid lumps. Cook and stir well another 15 to 20 minutes. Add wine, and serve with a garnish of sliced sausages.

*(Yield: 10 portions)*



## SWEDISH DRIED PEA SOUP

8 ozs. yellow split peas

3 pints water	} or {	3 pints ham stock with
1 lb. lean pork		12 thin slices of ham
$\frac{1}{2}$ teaspoon ginger		salt

Soak peas overnight. Meanwhile, cook pork in water till tender, remove pork and set aside.

Cook the peas in the pork water till tender, press all through a sieve. Return soup to pan, add ginger, salt, and pork cut in thin slices.

(Yield: 8 portions).

## SWEETBREAD SOUP (AUSTRIAN)

3 pints veal stock	small bundle asparagus
3 calves' sweetbreads	2 ozs. butter
2 large onions, sliced	2 ozs. flour
3 carrots, sliced	salt and pepper

Soak sweetbreads in lightly salted water for 6 hours, drain and rinse well. Blanch for 10 minutes and set aside. Slice the onions and carrots and sauté in the hot butter till they are a golden brown. Add flour and brown a little more. Add the stock gradually, stirring constantly till smooth.

Slice the sweetbreads and add to soup and simmer gently for 30 minutes.

Serve the soup with the asparagus tips and fried croûtons.

(Yield: 8 portions).

## SWISS POTATO SOUP

1 lb. lean veal	2 onions
4 ozs. lean raw ham	2 leeks
8 ozs. sliced potatoes	2 ozs. butter
1 bay leaf	pinch coriander seeds
1 sprig parsley	3 pints veal or ham stock
1 bunch chervil	1 glass white wine
salt and pepper	4 ozs. cream or evaporated milk

Slice thinly the veal, ham, potatoes, onions, and leeks, and sauté all in the butter for 10 minutes. Add stock and herbs and cook gently  $1\frac{1}{2}$  hours. Press all through a fine sieve. Re-heat, add cream, and serve with croûtons.

(Yield: 8 portions).

## TERRAPIN SOUP, SOUTHERN STYLE

Scald 2 terrapin, and remove the shell, skin and intestines. Cut the terrapin in small pieces about  $\frac{1}{4}$  inch square. Heat 4 ounces of butter in a pan, then add

the terrapin and fry over a quick fire. Sprinkle with 3 tablespoonfuls of flour, add 3 pints of any good broth and 1 pint of milk, season with salt and pepper, add a glass of good sherry, and boil until well done. Bind with the yolks of 2 eggs mixed with a cup of cream and a glass of dry sherry. Set on stove and let it come nearly to a boil, but not quite.

### THRIFTY CHICKEN SOUP

1 chicken carcase	1 large sliced onion
left-over thyme and parsley stuffing	2 ozs. rice
left-over gravy and giblets	salt and pepper

Break up the chicken carcase and place in a pan with the left-over stuffing, chicken gravy and giblets, cover with cold water, add sliced onion and salt, and simmer gently for 1½ hours. Strain and return to pan, add the washed rice and cook till tender. Serve with a flick of freshly-chopped green parsley.

*(Should yield 6 good portions).*

### TOMATO BEAN SOUP

1 × 1 lb. can beans in tomato sauce	1 pint milk
1 × 1 lb. can tomato juice	1 oz. sugar
seasoning	

Place in a pan and simmer for 15 minutes. Press all through a sieve. Add 1 pint scalded milk, 1 oz. sugar, and seasonings to taste, and it is ready to serve. A few scraps of chopped ham will give zest to this soup.

*(Yield: 8 portions)*

### TOMATO CELERY SOUP

½ lb. diced celery	2 ozs. butter
1½ lbs. tomatoes	2 ozs. flour
2 slices of onion	1 pint of milk
1 pint stock	1 teaspoon of salt
½ teaspoon of pepper	

Cook tomatoes, celery and onion together in stock, rub through a sieve and heat to boiling again. Melt butter, add flour, salt and pepper. Add milk gradually, stirring constantly. Combine with tomato mixture and serve at once.

*(Yield: 8 portions).*

### TOMATO CHEESE SOUP

Proceed as above, omit celery, and add 4 ozs. grated cheese just before serving.

*(Yield: 8 portions).*

## TOMATO HORSERADISH SOUP

2 ozs. diced onion	1 small bay leaf, 2 cloves
2 ozs. diced carrot	$\frac{1}{8}$ teaspoon thyme
2 ozs. diced celery	2 sprigs parsley
2 ozs. diced uncooked ham	2 pints brown stock
2 ozs. fat	$\frac{3}{4}$ teaspoon salt
12 ozs. canned tomatoes	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ teaspoon peppercorns	1 oz. grated horseradish

Cook onion, carrot, celery and ham in fat 5 minutes. Add tomatoes, peppercorns, bay leaf, cloves, thyme and parsley, cover and cook slowly 1 hour. Strain carefully. Add hot stock and season. Lastly, add horseradish.

*(Yield: 8 portions).*

## TOMATO OYSTER SOUP

Prepare 3 pints Cream of Tomato soup and just before serving add oysters scalded in their own liquor. Allow 4 oysters per person and do not scald oysters more than 3 minutes.

*(Yield: 8 portions).*

## TOMATO SOUP WITH PEANUT BUTTER

Prepare 3 pints Thick Tomato soup. Just before serving add 8 ozs. good quality peanut butter. Beat well till quite smooth, and serve.

*(Yield: 8 portions)*

## TOMATO RICE SOUP

This is merely Cream of Tomato garnished with well washed boiled rice. Use 1 oz. cooked boiled rice to each 1 pint of soup.

## TRANSPARENT SOUP

This is a misguided title given to thin clear soup, cleared with white of egg and strained through flannel till it is crystal clear—and also devoid of flavour; generally loaded with sherry to make it taste of anything at all!

## TRIANGLE SOUP

Usually one-third Cream of Tomato soup, one-third Baked Bean soup, and one-third Cream of Pea soup.

The name originates from making a mixture of three odd tins of soup for a party, and can be a blend of any three oddments of soup. (An American ice box idea).



## TRIPLE SOUP

1½ pounds fresh tripe	2 ozs. rice
3 pints water	1 teaspoon salt
1 onion, chopped	½ teaspoon pepper
3 carrots, diced	2 tablespoons lemon juice
2 ozs. diced celery	1 egg yolk, beaten

Wash tripe in scalding water and remove loose skin. Cut tripe into small pieces, cover with water and boil slowly 1½ hours or until nearly tender. Add onion, carrots and celery and continue boiling for 30 minutes; then stir in the rice and cook until rice is tender. Just before serving add salt and pepper and lemon juice. Remove from heat and add beaten egg yolk.

*(Yield: 6 portions).*

## TURKEY BONE SOUP

1 turkey carcase (the evening after the night before)	1 teaspoon paprika
	salt to taste
4 ozs. celery tops, minced	4 ozs. carrot, julienne style
4 ozs. sliced onion	4 ozs. kidney beans
	2 ozs. rice

Break up the turkey carcase, place in a pan and cover with cold water. Simmer for 2 hours. Strain and return turkey stock to the pan and by rapid boiling reduce the stock to 4 pints. Now add celery, onions and paprika, cook 15 minutes, then add the julienne of carrots and kidney beans. Boil all till tender. Cook the rice in salted water, wash and drain, add to soup and serve at once.

*(Yield: 10 portions).*

## TURKISH SOUP

Here is a short cut to what can be a very tedious affair:

(a) Prepare 3 pints Cream of Chicken soup

(b) Combine together: ½ lb. tomatoes, strained

1 blade of mace

½ green pepper

1 teaspoon of curry

Cook 10 minutes and strain.

(c) 2 ozs. cooked rice

2 ozs. cooked diced ham

4 ozs. cooked sliced leek

Blend (b) to (a) and just before serving add (c).

*(Yield: 10 portions).*

## TURNIP SOUP

2 ozs. chopped onion	2 pints veal stock
1 lb. diced turnip	2 ozs. butter
$\frac{1}{2}$ lb. diced potatoes	1 teaspoon salt
1 can evaporated milk	

Cook onion slowly in butter until yellow. Add stock, potatoes and turnip and cook until tender. Rub all through a sieve. Re-heat, add seasonings and evaporated milk. Serve with fried croûtons.

*(Yield: 8 portions).*

## TUSCAN SOUP

1 lb. onions, chopped	4 sweet peppers
3 sticks celery, chopped	4 ozs. olive oil
1 lb. tomatoes	2 pints water or veal stock

Brown vegetables in the oil until slightly brown. Then gradually add water or veal stock and cook until vegetables are tender. Throw in a handful of croûtons fried in olive oil and serve at once.

*(Yield: 8 portions).*

## VEGETABLE SOUP

3 pints vegetable stock	8 ozs. diced tomatoes
4 ozs. diced celery	4 ozs. diced carrots
4 ozs. diced onion	4 ozs. diced turnips
8 ozs. diced potato	salt and pepper to taste

Place celery and carrots with stock in a pan on the fire to boil for 15 minutes. Then add all other vegetables and cook till tender.

*(Yield: 8 portions).*

## VEGETABLE SOUP WITHOUT MEAT

Provided vegetable water is used, a good vegetarian soup can be made. The vegetable water in which onions, leeks, celery, parsnips are cooked, is saved, and generally reduced to half its volume by rapid boiling.

Thus, for the recipe given for Vegetable soup, 6 pints ordinary vegetable water would be reduced to 3 pints by rapid boiling.

## VELOUTÉ

Used for the foundation of many soups. Put in a pan 5 ounces of butter and 4 ounces of flour and simmer for a few minutes. Add 2 quarts of chicken broth, stock or bouillon, cook for  $\frac{1}{2}$  hour and bind with 1 cup of cream and the yolks of 2 eggs.

## VELOUTÉ OF CHICKEN

Proceed as for Velouté above.

## VELOUTINE AUREORE

Mix 2 pints of Velouté of Chicken soup with 1 pint of Purée of Tomatoes.  
(Yield: 8 portions).

## VELVET SOUP

Mince fine the red part of a few carrots, stew them with butter, salt, sugar and a little broth. When done strain through a sieve. Put a quart of clear broth on to boil, mix in 4 tablespoonfuls of tapioca, let it stand for 25 minutes on the side of the fire, skimming well. At the last minute before serving add the carrot purée, season, boil up once or twice more, and serve in a tureen.  
(Yield: 6 portions).

## VIENNESE BEAN SOUP

Wash a pint of beans, then put them in water and let them soak overnight. Then put them in a pan with 3 quarts of water and  $\frac{1}{4}$  pound of lean salt pork, and cook slowly for 3 hours, by which time the beans should be done. Meanwhile mince an onion, a large carrot, and a stalk of celery; fry them in butter, but do not brown. Add a spoonful of flour and 2 cups of the beans, making a thick sauce; add this to the beans in the pot, and cook slowly for another hour. Season to taste, and sprinkle with chopped parsley before serving. Cut the pork in very thin slices, and serve one slice to each plate.  
(Yield: 10 portions).

## VENISON SOUP

4 lbs. venison bones	4 ozs. diced carrots
4 pints water	2 ozs. butter
1 ham hock	2 ozs. flour
8 ozs. diced celery	1 blade mace
4 ozs. diced onions	2 glasses port

Sauté vegetables in butter till well browned. Add flour and brown a little more. Place venison water, ham hock and mace in a pan and boil for 15 minutes. Then add vegetable mixture. Stir well and allow to simmer for  $2\frac{1}{2}$  hours. Strain, dice a little of the ham meat and add to the soup as a garnish. Add port just when serving.  
(Yield: 8 portions).



## VINE BUD POTAGE

This is an 18th century soup, said to be prepared regularly in the vineyards in those times. The procedure was to cut off the largest leaves of the buds, they were scaled and then tied up in bunches; they were stewed in a pot with carrot and turnip and a clove. The brew was then strained and the small buds then added. Lastly, crusts of bread were thrown in as was the popular way with all French soups in those days.

In the vineyards the pickers camped out like the English hop-pickers. Their pay was small, but their ingenuity knew no bounds.

## WHITE BEAN SOUP

Soak a quart of beans overnight. Put in a vessel with 4 quarts of water, or a mild soup stock. Add  $\frac{1}{2}$  pound of lean bacon, and a shinbone, if desired. Start to boil rapidly, then remove to back of stove and cook for several hours until the beans drop to pieces. Skim from time to time. Meanwhile, chop very fine an onion, a carrot and a stalk of celery, and simmer in butter until they take on a slightly brown colour. Add a tablespoonful of flour, a potato cut in small dices, and the water from the beans. Strain the beans, and to the purée add the cooked vegetables; cut the bacon in small pieces, and cook all together for 20 minutes. Season with salt, pepper and chopped parsley.

*(Yield: 15 portions).*

## WHITE WINE SOUP

Put  $1\frac{1}{2}$  pints water into a saucepan with 1 small stick cinnamon, 2 cloves, 3 slices lemon and 4 tablespoons sugar; bring slowly to boiling point, add  $1\frac{1}{2}$  pints white wine and let boil again. Dissolve 2 tablespoons flour or corn-flour in a little water, add beaten yolks of 2 eggs and stir into the soup. Cook 3 or 4 minutes and remove spice and lemon. Beat egg whites to a stiff froth, lightly salt and add to soup when served.

*(Yield: 8 portions).*

## WILD DUCK SOUP

Brown a small duck in a pan with 2 sliced onions and 1 sliced carrot. Meanwhile, cook the duck giblets in plenty of water. Pour the liquid over the duck and cook slowly. Add little round balls of turnip and 3 glasses of wine. Add salt and pepper to taste.

Take up a duck, slice off meat, return slices to soup and serve with a garnish of boiled rice.

*(Sufficient for 6 sportsmen).*

## WINTER SOUP

4 ozs. lentils  
4 ozs. oatmeal  
8 ozs. potatoes

4 ozs. onions  
4 ozs. carrots  
4 pints water

salt and pepper

Bring the water to a vigorous boil, add all ingredients and stir well till thick. Pull to the side of the fire and simmer very gently for one hour. Serve without straining. If too thick, some scalded milk may be added.

*(Yield: 10 portions).*

## YELLOW SPLIT PEA SOUP

Read all that is written on Split Pea Soup (*page 207*). Proceed step by step and you will become noted for fine soups. The same procedure applies if the split peas are green or yellow.



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